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STRUNG
—
L. H. Figgott

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the first of these is the fact that the majority of the population is still illiterate. This is a serious obstacle to the development of the country, as it prevents the people from taking advantage of the opportunities offered by modern science and technology. The second obstacle is the lack of capital. The country is poor and has no money to invest in education, health, or infrastructure. The third obstacle is the lack of a strong government. The country is divided into many small, warring states, and there is no central authority to enforce the law or maintain order. These three obstacles are the main reasons why the country is so poor and backward. However, there are also some factors that are helping to bring about change. One of these is the growing awareness of the need for reform. The people are beginning to realize that they must take action to improve their lives. Another factor is the increasing influence of foreign countries. These countries are providing the country with money, technology, and expertise. Finally, there is a small group of people who are dedicated to the cause of reform. These people are working hard to bring about change, and they are making some progress. However, there is still a long way to go. The country is still very poor and backward, and it needs a lot of help to develop. The people need to be educated, and the government needs to be strong. The country needs capital, and it needs a strong government. These are the things that the country needs most, and it is up to the people to make them happen.



Sincerely,
A. H. Piggett

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Pearls at Random Strung

OR

LIFE'S TRAGEDY FROM WEDDING TO TOMB

INCLUDING

The Scientific Causes of All Diseases, Poverty, Premature
Death and Longevity

By C. H. PIGGOTT, *A.A. I.*

PRICE ONE DOLLAR

For sale only by the Author, room 4, Mulkey Building, N. E. corner Second and Morrison Streets,
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And Gladys L. Piggott, Chico, Butte County, California

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This Book is dedicated to my only daughter
GLADYS LAVINEA PIGGOTT
of Chico, Butte County, California

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By C. H. PIGGOTT

PREFACE.

My Author has devoted the greater portion of the leisure hours to the study of diseases, and the cause of diseases, and the rational and logical cure for the same. Primarily, he did it for his own satisfaction. As he progressed, however, he found it so fascinating, and that so little was known by the thinkers, Doctors, and non-thinkers, that he kept on until he had unraveled the cause of all diseases known to the lay public. He has refrained from using words and phrases pertaining to the Medical Science in their technical sense; preferring to use simple, plain and unobstructive words and phrases, conveying the same meaning, but better understood by the masses, to whom my Author has dedicated me, for their special use and benefit—not for the Classes. The cause of a disease once mastered, the key to unveil the cure is, per se, at hand—the zenith of longevity is reached, and with it the conquest of poverty. I contain — pages and about — words, every one of which has a clear and distinct meaning, and when it comes to Brevity I glitter. I should be used as a text book, read slowly and repeatedly, and should be in the Public Schools. My Author has done this for a double purpose. First—That you may have to stop and think, as you go along—that you may read between the lines, without which I will largely fail in my purpose. You will find a good many things in me that are unique, new, out of the ordinary, and original. The leading assertions that I make have been proven by my Author, and that, too, upon himself as the subject, and not by cruel and inhuman Vivisection. He has reduced volumes into pages, so that you can read me in twelve hours, while it took the major part of thirty-five years to gather the data that I contain.

He has touched on Poverty and Sociology, knowing full

well that they are so closely related as to be virtually inseparable. He has, and purposely too, written me in such a way that you cannot pick me up, read a few lines and catch my meaning. You will have to read me clear through to get at the cause of Premature Death, and the causes of disease. To receive the full benefit of what I contain, you must not only read me, but you must HEED me, which will make me of priceless value to you.

I am made up of suggestions, and to those who can take them, there is in store for them, thereafter at least, a long life, free from aches, pains and diseases. My Author is a living advertisement of what he teaches. He wrote me for the benefit of Humanity, of which he is a member in good standing. If you find anything herein not related to the title of this book, credit it up to the Author. Relating to the Classes, Professions and Society he has handled the NAKED TRUTH without gloves, unveiling the dark, weak and many unsaid and unwritten things relating to the same, believing it to be for the future good of all society—that is, taken as a whole. My Author does not expect to be understood by all who read me; he never has been understood, but by the majority—mostly members of the Universal Academy of Immortals, therefore, if one-tenth of my readers HEED me, my Author will feel well repaid for his life's work, and will be contented, knowing that somewhere, some time, he will be understood, and that his heart will have been found to be on the right side of humanity. He only asks to be accepted as a lay member, brother, in the Great Brotherhood of Man, and the Fatherhood and Motherhood of God.

Read me for the cause of diseases, remove the cause, and
thereafter you will be immune from all diseases.

“The first physicians by debauch were made,
Excess began and sloth sustains the trade.
By chase our long-lived fathers earned their food;
Toil strung their nerves, and purified their blood.
But we their sons, a pampered race of men,
Are dwindled down to three score years and ten.
Better hoe in fields for health unbought
Than fee the doctor for his nauseous draught.
The wise for cure, on exercise depend—
God never made his laws for man to mend.”

—Addison.

TRUTH.

Let there be many windows in the soul,
That all the glory of the universe
May beautify it. Not the narrow pane
Of one poor creed can catch the radiant rays
That shine from countless sources. Tear away
The blinds of superstition; let the light
Pour through fair windows, broad as truth itself
And light as heaven — tune your ear
To all the wordless music of the stars
And to the voice of nature, and your heart
Shall turn to truth and goodness as the plant
Turns to the sun. A thousand unseen hands
Reach down to help you to your peace-crowned height
And all the forces of the firmament
Shall fortify your strength. Be not afraid
To thrust aside half-truths and grasp the whole.

—Selected.

LIFE'S TRAGEDY.

Two acts and two scenes.

Act 1. Scene 1.

Shifting and drifting:
Not understood.

Act 2. Scene 2.

Drifting and shifting:
Not understood.

—The Author.

WEDDING TO TOMB.

A flash, a dash, a smile, a tear and dream:
She and he.

A morning, noon and night, a Tragedy—Eternity.

—The Author.

IF WE COULD KNOW.

If we could know
Which of us, darling, would be first to go,
Which would be first to breast the swelling tide,
And step alone upon the other side.

If it were you,
Should I walk softly, keeping death in view?
Should I my love to you more oft express,
Or should I grieve you, darling, any less—
If it were you?

If it were I,
Should I improve the moments slipping by?
Should I more closely follow God's great plan,
Be filled with sweeter charity for man—
If it were I?

If we could know—
We cannot, darling; and 'tis better so.
I should forget, just as I do to-day,
And walk along the same old stumbling way—
If I could know.

I would not know
Which of us, darling, will be first to go.
I only wish the space may not be long
Between the parting and the greeting song;
But when, or where, or how we're called to go,
I would not know.

—Selected.

MOTHER.

Your life begins anew the wedding day.
Mother! If you but knew pre-natal power—
The destiny of your desires—the way
To truth: subconscious thought—your divine dower
E'er birth, your embryonic souls would be
Leaders of nations: tillers of sod.
You'd unmake heaven, hell, eternity,
And remake worlds, mother, goddess, God!

LABOR.

Nature has no poor house; no place of ease
For tired souls: no Doctors, drugs, disease.
Every atom in her wide domain
Labors 'till the change—it lives again,
Is intellect and thinks and breathes—is life,
Is law divine, ego, endless strife.

And those that labor not, she puts to sleep
Into her bosom, both to keep.
But live again—beautify, unfold
With ether, far above the earth, her sod,
To bear the impress of a man—a God.

—The Author.

BABYHOOD.

In valleys high and wildwood's drear,
'Mong mountain peaks, so near the clouds
Are lilies with the dewdrops near,
To heal: no plumes of white, or shrouds.

'Mong lilies fair are children wild,
Who know not drugs, bitter or sweet;
Who quaff the dew distilled and mild,
And tread the earth with little bare feet.

—The Author.

A HEART TO HEART TALK TO THE READER ON DISEASES.

All aches, pains and diseases, from childhood to the tomb, are unnatural—contrary to the universal law—laws of the universe. In the animal kingdom (separate and apart from the environments of man) we find no diseases. In the earliest dawn of history we find man free from disease. Men were then leading pastoral lives. The mind is largely the master of man's existence. With man's first advent on this earth was: First—His desire. Second—Thought. Third—Action. Fourth—Habit. Fifth—Character, which with memory is all he takes with him into destiny. Three things are necessary for the existence of the animal kingdom on this earth. First, is air; second, is water, and the third, is food. Man has more intelligence than his four-footed kind (free in nature), and yet, with all his boasted intelligence, he has degraded himself far below them. In the wilds we find no nurses, drug stores, doctors, hospitals nor little white coffins, and yet they derive all their sustenance, like us, from Mother Earth. Nature always seeks to better and perpetuate her species; there is where she glitters. No diseases, per se, are inherited. Therefore, all the causes of diseases must either be inherited, or arise from the air we breathe, water we drink, or the food we eat. With man, thought and environment have a good deal to do.

THE WEDDING DAY.

The wedding day is the proper place and time to lay the foundation to trace the origin of disease. A weak body (low order of vitality) is inherited, but not the disease, per se. It is a notorious fact that the first born rarely survive childhood.

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Cause: excessive co-habitation and ignorance in not knowing how to feed the child. All persons below a normal vitality (life's force) or undersized in stature, are so, either from excessive co-habitation of their parents, or from Scrofula, originally Syphilis, contracted by their ancestors. This disease will disappear in the seventh generation, its last stages being eczemas, salt rheum, etc. Nearly all mankind is tainted with this disease in some of its multitudinous forms of expression, classified under the head of Tuberculosis and Scrofula, all of which originate from the same cause. We cannot help what our parents do; we can and must help the weaklings. The ones with the high order of vitality will generally survive (unless they are murdered by their parents by over and irregular feeding. The remedy for this lies with the parents and the public schools, by controlling the appetites and passions of the child, beginning at the cradle. Keep them busy at something during their waking hours. This rule holds good for grown people; if they have no work, let them create some, or die, unless they have a hobby; that will do. Nature abhors a vacuum, and tries hard to perpetuate her species. She generally weeds out the weaklings in childhood. If any escape her and get over into puberty, she finishes them there, if they do not reach the standard. If any of the weaklings reach manhood (below the standard) she finishes them with quick consumption, or otherwise; she lulls them to sleep, takes them to her bosom, and without a tear veils them from our sight; she will endeavor to do better the next time. She is a kind and loving mother, if we only knew it. Some time, some day, we will find it out, here or there. There is no truth, nor harmony, outside the laws of the Universe. In man, Crankdom is one of the first stages of greatness, seeking to know one thing thoroughly.

HEADS. As relates to heads, there are two classes of persons in the Universe—long heads and bullet heads; the for-

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mer rule the thinking world, and the latter the commercial world. Men's heads (including women's) undergo a constant change and shape, at any age, proportional to the quality and quantity of thinking they do. Greatness is in finding one's niche in society, and fitting one's self in that niche, whether it be a nod-carrier or a President. The whole aim of all the world's thinkers is truth, and they find it all in nature's laws. All cranks end up Philosophical, and a few Philosophers. Crankdom is dangerous in this: they sometimes remain too long on a straight line, a divergence or tangent from the straight line is necessary to round out a beautiful life. Otherwise, they are liable to perish in the "Breakfast Food" stage of their existence.

The two greatest chemical laboratories in the Universe are: First, the Universe itself, and second, the human stomach. Nature tempers us to the conditions and environments in which we live. If you live on breakfast foods and vegetables it will be but a short time until you can digest nothing else. This is a commercial age and requires a good deal of brute (animal) force to secure a livelihood. There are two classes of animals (free in nature), the small-stomached, cats, weasels, dogs, lions, foxes and tigers, which take their food in a condensed form. Eat the large-stomached animals—cow, deer, sheep, rabbits, goats, etc., after they have cropped the vegetation direct from the earth, and condensed the same into meat. Man, as we find him, belongs to the small-stomached animals, requiring the cunning and strength of the former class to "eke" out an existence in this age.

Man has within him all the component parts of the Universe, therefore requiring everything that his appetite longs for in order to attain and maintain good health. A meal should never consist of more than three different kinds of food, which should be changed at least once each day, and eaten temperately, and regularly, from childhood to the grave. People

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(cranks) trying to live without salt, one of the component parts of the body, end with cancer (a degeneration of the tissue of the weakest part of the body), or it may be a deficiency of something else, ending in some other organic disease.

Viewed under a powerful microscope, man is a hideous monster—a steam engine with a gaseous vapor oozing from every pore of his body, and inside a big sewer from top to bottom.

Every atom in the universe is a thinker—an intellectual ego. Only about ten per cent of the human family do any thinking (out of the ordinary). The doctor thinks for them physically, and the preacher thinks for them mentally and spiritually. No physician in the Universe ever cured a disease; they only assist nature to do it. Nature does all her own healing. She throws all the forces of the body to heal a cut, and after it is healed, she keeps pegging away to the end of life to remove the scar. If you over-trim a fruit tree, Nature will kill it; trim it correctly, and she will heal it. Nature will take the trouble and pains to change the color of the birds and animals to harmonize with the vegetation with which they are surrounded, in order to protect them from falling prey to their more powerful antagonists, to perpetuate their species, and beautify the earth. She will do equally as much for man. Man is a complete Universe within himself, and when he knows all its laws he will be a God; he will have equal power with God. The time and place will be at the Circles, and Cycles end. Our mission in this world is to overcome poverty and disease. Wisdom will do it; they are both conditions of the mind.

Everything in the Universe, whether a crystal, lily, bird, man, tree or a planet, is a community family of atomites (the doctors call them bacilli), male and female held in that body by the law of love and cohesion. Like attracts like, throughout all the domain of Nature. These atomites, in their various social rela-

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tions, viewed under a microscope, powerful enough, or under radium light, whether they are born, perpetuate their species, die of old age in seconds of time, or live a hundred years, are loving, fighting and dying: their government is something like ours, and in some respects it is better. So long as there is harmony in these various and diverse families, there is no disease, mentally or physically, otherwise a contrary state of facts exists, and as there are as many different species of atomites as there are things in the universe. At every breath we inhale we take into our lungs, blood and circulation, a variety of them all, and among them are those whose duty is to tear down and disintegrate any body where there is a lack of harmony (disease); they thrive and grow fat on a diseased body—a rotten sewer, clogged and gorged in man—is where they glitter. The first indication of a bad sewer is an itching of the anus. This is soon followed by a rotten breath, cankered mouth and sore throat, which means inflammation from the top to the bottom of the human sewer, at which time the tearing down atomites—atomites of death—begin to get in their deadly work. The lay public call this a cold; correctly speaking it is a bilious attack. There is not one case in a hundred where a cold (?) is caused by exposure. This stage is always accompanied by a fever, which increases if the sewer is not cleansed, until the death atomites, by the help of outsiders, have overcome the life atomites, and attack the small bowels first, which, if not checked, ulcerate, then we have what the doctors call typhoid fever. At whatever stage the doctor is called, he gives the fever a different name, corresponding to its intensity. This is the cause of all fevers that mankind ever had. The next in order is, how to keep the sewer clean: to avoid fevers, colds (?) and pneumonia. This rule is for all ages, sexes and conditions (excepting infancy), and more especially those persons who are unable to procure an abundance of physical exercise. Immediately on arising from your night's slumbers, and before dressing, as long

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before breakfast as possible, eat or drink the following things, the value of which will be in the order named, beginning with the first: First, from two to five tart raw apples; or, second, drink one pint of buttermilk, kept in a jug, corked tight, and the same shook well before drinking. This drink contains more medicinal qualities than any other drink known to the human family, and about which I will say more under the head of the cure of Bright's Disease; or, third, five or ten prunes, if dried, soak in cold water for twenty-four hours (any kind of prunes, German preferred). All prunes are heavily charged with iron; or fourth, five or six big white figs; or fifth, from one to two oranges; or sixth, from two to four ripe bananas; or seventh, take a good drink of hot or cold water; if delicate drink the former, and if young and strong, drink the latter. The things to do, above mentioned, should be changed weekly, and continued from childhood to the grave, which will occur when you are over one hundred years, young. The secret of long life is in eating in proportion to the amount of physical exercise we are taking. Never eat anything between meals, excepting ripe fruit, and that only on an empty stomach. There is no animal in the Universe, excepting man, that will drink while he is eating; that means you, dear reader, if you do it. Every adult should take three pints of liquid every twelve hours, in some form. Better take two parts of it in fruit, the other after each meal, in tea, coffee or chocolate, alternately.

Now, you have the cause of fevers (a clogged sewer) and the remedy to keep it pure.

I shall now say something about DIET, cooking and what to eat. When you sit down to the dining table to eat, and you do not have a sharp appetite, you are sick. Sick people should not eat; they should live on cold water alone, until their appetite returns.

No appetite! That is nature's plan of calling a halt; she

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wants to catch up. If every one would do that there would be no sickness, aches, pains and diseases, from childhood to the grave. About one-fourth of the people we meet are dying. They do not know it. Everything in nature has a great and grand zero mark, equilibrium. Those dying people have crossed the mark. Nothing in nature stands still; everything is in motion, either progressing or retrograding. The life and death atomites know that, every one of them know, that when the appetite fails, they are falling below the zero mark. This is the time to reflect. See wherein you have transgressed a law of nature. It may take some years, at ten minutes per day, but it is a good investment. FIND THE CAUSE, if it takes you a lifetime; then remove the cause. THAT'S IT. Incidentally, you will be real "cute" after ten or a dozen years. You will be quite philosophical, if not a philosopher. Then, it will be no trouble for you to peg along to be over a hundred years, YOUNG. If it was not for the churches, the doctors would soon be driven out of business. Eight-tenths of the non-church going people are being healed by other and diverse methods than the "Regular Orthodox Doctor;" he is falling greatly into disuse. Our up-to-date physicians, thank God!—and there are a good many of them, who are using more common sense, nursing and "Mental Therapeutics" than medicine in their practice. The author came in one of being a physician, if he had he would have been "barred" out by the "Regulars." He would have hired out by the year, or, as the lawyers say: "been retained" to ward off diseases, teaching the cause, instead of the cure. I, however, realize that I should have suffered all that is incident to the Pioneer in every calling of life. So long as the people allow the Preacher and Doctor to think for them there will be preachers and doctors. Up to about ten years ago, to be a physician was to belong to the noblest and grandest profession on the earth, and in this day, if the physician be up to date, he has the grandest profession attainable. About

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fifty per cent of the people require medicine yet, that is, you must make them think so in order to heal them. In this Rapid Transit, Commercial, City stage of life, surgery is a grand and noble calling, and will continue to be so, until the Millenium. Nearly all good physicians know the cause of diseases. After all, I do not blame them for not teaching the people the causes of disease. They would have to carry a potato masher to knock the patient down every time they met him to make him heed a suggestion given him for the betterment of his health. I doubt whether more than one in ten of my readers will heed these suggestions, and even if that number heed them, the author will feel well paid for his quarter of a century research along these lines, and for the writing of this book. Character and Education are made up from suggestions, gleaned from life's experiences, molded by thought into an ego, which ends at the "Circles—End—Eternity."

The vital organs of man are nothing more or less than a
WONDERFUL CHEMICAL LABORATORY.

Living near the earth means eating all the foods produced by the earth, as near as possible in their natural state. This human laboratory has to separate and disintegrate into its component parts all the food taken into the human stomach, ready to nourish and sustain the continual waste of the whole body to the zero mark aforesaid. The kidneys, for their size, perform the greatest and most important work of all the vital organs of the body. They have largely to do the separating of the fluids that go to make blood, which, if pure, means good health, and if impure the reverse. It is a fact, though not generally known, that the kidneys are the first to give out, simply because the change occurs so gradually, and nearly always painless, nature omitting her blessing—PAIN—her warning. Sometimes, unless the patient is a student, it will run along for years without being noticed. It is a slow and insidious blood-poison-

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ing, in the first stages, mostly from uric acid, which destroys the oils of the body, burns out the joint water, affects the leaders, muscles and cords, causing rheumatism in all its various ramifications. This is followed by a lack of life's force, premature old age, weak sight (followed by a goggled nose), and forgetfulness, showing that it attacks the brain, as the eyes are the only organs supplied with arteries direct from the brain, which is, therefore, weakened by the uric acid.

The reason for the early giving out of the kidneys, I will now explain. You can separate the gluten from the starch, in white flour, in a cup of cold water very easily; try it; the gluten will settle to the bottom of the cup, and the starch will rise to the top. Now, take some flour, add some butter, eggs, sugar and soda, etc. Mix well with an egg beater, then put it into a cup, and separate it into its component parts. You say, "That is impossible," and so it is; it takes a good chemist! Now take what you have left, put into a hot oven, bake it into cake or pie crust; now separate it into its component parts. It takes a chemist (Genius) to do that! Now, how much of that stuff, daily, are you forcing into your stomach for your poor kidneys to do? They are not so large as your two fists! "Oh!" you will say, "the liver helps!" Sure! I see your goggled nose at 50. What does that mean? You generally look for a cure (?) in medicine, which as a general thing has but a temporary effect, if any. The remedy lies in removing the CAUSE.

The hair is nominally a separate organization from the body. It is a vegetable formation—that is, it sustains itself from the vegetable formations of the body. It will grow (colorless) after the body is dead. The potato in a moist stone cellar will grow, thrive and propagate its species without coming in direct contact with the earth. Iron is said to be the basis of all coloring matter, in and above the earth, and with the assistance of the rays of the sun gives us all the coloring

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matter in existence, together with all the beautiful colors that beautify this earthly heaven of ours, all of which is made perceptible to us by the star—dust laden atmosphere, in which our earth is enveloped. It follows, then, that to preserve the hair, at least, until very late in life, one must eat the fruit and vegetables that contain the most iron, or coloring matter, from which the little sack at the root of each hair receives its source of supply. Therefore, eat all the deep colored fruits and vegetables to sustain the color of the hair.

There are but four causes for premature baldness. The first is, patronizing the barber shops and allowing the barber to put all sorts and kinds of nostrums on the hair and head. Ninety per cent of the people, prematurely bald, belong to the round or Bullet-Headed class. A hat fits clear around their heads, shutting off the air and circulation from the head. That class of people should wear hats that touch the head only one-half way around. They should wear hats with double sweat bands, one-eighth of an inch apart, and the space filled alternately with cork. Another reason for premature baldness is cutting the hair short, letting it bleed to death—imitating the prize fighter in your way of cutting your hair, instead of the thinker and student. The barbers are real “cute,” they will cut your hair short, and before you leave the chair, singe it to keep the hair from bleeding to death. Let your hair grow long, like a thinker, Indian, or a woman if you do not care to be prematurely bald! Never put a drop of water (chemically an acid) on your head, nor soap, nor oil, nor anything else on the earth, from childhood to the grave, excepting a soft brush, dull comb, and give the head an electric shampoo, as follows, to wit: Rub the scalp briskly, with the balls of the fingers and thumbs of both hands, until the scalp burns, repeat this “tri-weekly” until the end of life, and you will never have a bald pate to stow away in the coffin with you. This treatment will bring the hair

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out on at least fifty per cent of the bald heads on the earth. It has been known to do it after the hair was apparently dead.

Premature grayness is sometimes caused from grief, fright, or other excitement—all of which dry up the saliva glands, digestion ceases, hence, no coloring matter for the hair, and it goes back to its original color, white, and the same causes produce what is generally termed death by a broken (?) heart. It is, however, merely the death of digestion. You cannot expect to have good health, and fret and worry, or allow yourself to become excited about anything; keep cool under fire—and you are, or the most of us are, under fire all our lives, when not asleep. Think good, hopeful thoughts; look on the bright side of life; be an Optimist; be something, not a Pessimist. Be temperate in everything, excepting deep breathing in the open air and sleep. Sleep until you awake naturally, unless you are poor-governed by the tap of the bell, or a mother with children of school age (in the winter time), or a child going to school at that time. If you don't belong to that class, sleep whenever you can. If you have kept cool under fire during the day, you can generally sleep well. In the event you are not sleepy at bed time, eat one or two slices of stale bread; that will draw the blood from your brain to your stomach; that means sleep.

Man's highest state of physical perfection was attained in Greece, in the age of Sappho, who was a Poetess and teacher along those lines. I believe with her and the other Greeks of her time, in the highest state of physical manhood and womanhood attainable.

The Smart Set in New York, and in all other large cities throughout the world, and more especially in the United States, are doing more along those lines, and should, too, to beautify man as well as the animal kingdom, in the last few decades, than has been done since Sappho's time. That class of people have the time and money, and they are also working

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along the lines of Spiritual and Mental unfoldment of the whole animal kingdom. We all work according to our unfoldment. A great deal of "Slush" and "Rot" has been written about this class of people, mostly, however, by persons who try to "Ape" them without success.

HOW TO BE PLUMP AND FAT. Let the diet be mostly of Fats, Sugars and Oils. Consult any work on dietetics, for the foods belonging to these classes, as this class of foods is mostly digested in the bowels—that is, after they pass through the stomach. That class of foods are good for DYSPEPTICS, as they give the stomach a rest. Dyspeptics soon become cranks on dieting and eating, and if they survive that stage, they may recover. They have, however, either been gluttons, or nature has taken their stomachs away from them, as the Lawyers say: "For Non-User." They have been living on slops, breakfast foods, or some other one thing, straight. A sure cure for dyspepsia is to commit suicide by taking nothing else into the stomach but pure cold water; they will take the hint within a month, without having a hole bored into their skulls.

To return to the subject of getting fat (mostly intended for the fair sex). In addition to what has already been said on this subject, eat two bananas midway between each meal, and two more before dropping into bed, or drink one-half pint of Weiss Beer (German White) with a little lunch before going to bed. Bathe the body not oftener than once each month; that is often enough for anybody, unless they are inclined to be over-fleshy. Over-bathing causes millions of premature deaths. The natural oils of the body, that ooze from a million pores, are for a purpose! People on any part of the earth's surface where it is necessary to wear clothing, should wear sheep's wool next to the skin, the weight thereof proportioned to the climate, and, unless the person is taking plenty of physical exercise, the under-

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clothing should not be changed oftener than once each week, and two weeks is still better.

The oil glands of the head lubricate the hair; that is why the head and hair should be left severely alone. The friction heretofore mentioned keeps the head and hair as clean as a new-born babe. The top of the head is a long ways from the heart, and it does not contain much meat, which makes it a hard place for the heart pump to supply. There can be no deep thinkers among short-haired people. They could, however, become Politicians, Senators and Men of Commerce, but not Women, Poets, Philosophers or Prophets. They would rank very low in the two latter classes. All Poets (Sentimental) are Prophets and Philosophers, some, however, only to a limited degree. The long-haired and long-headed people do the thinking and writing for the rest of the world. Their Prophecy gives the suggestion to the Genius to invent, and the Artist to paint. Reader, to which class do you belong? It is a difficult thing for any one, excepting a healthy person, to be a true and genuine Lady or a Gentleman; it is so hard for a sickly person to act natural! Even a bullet-headed person has a good deal to live for. They are the masters of finance and the beautifiers of the earth, and a boon to those who are slaves to the tinkling of the factory's bell. They can cultivate their faculties of imagination and spirituality, without which life is almost a total failure. They are, however, the salt of the earth; mainsprings of society. They surround themselves with the refinements of life, and die early of nervous prostration. Wise people enjoy the fruits of their labor; pity them for their great trusteeship on their behalf, and pity their children, too, who have to continue that Trusteeship. For what? What do they get out of it; out of life? For their board and clothes. Do the teeming millions, who are nothing more or less than natural slaves, actually receive the benefit? Supposing these commercial giants

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should suddenly conclude that \$10,000 was enough! What would the masses do? They would be compelled to do just what nature intended that they should do, develop themselves, become masters of the situation. They would no longer be creatures of circumstances, waiting for something to turn up; they would turn it up themselves; become men, not slaves. To a limited extent we are all creatures of circumstances. The structural framework of the "Play of Life" is laid out for us; there are some things that, naturally, we are not accountable for—that is—we are played upon by the unseen forces of the Universe, which never leave or entirely desert us. We do, however, attract to us forces in harmony—in touch with our desires, for which we are accountable. Society needs men and women of action—creatures who make their own circumstances—create something for themselves. Within the United States opportunities are within reach of everybody—opportunities to rise, at least, above the tinkling of the morning and evening bells—slaves of and to time. Humanity in general wait patiently for something to turn up, looking for something at the foot of the "rainbow"—wanted to be, carried to wealth and fame, without labor, in a golden car of luxury.

HOW TO REDUCE FLESH. Flesh is about four-fifths water. Fleshy people, in the first period of their fleshy stage, are very healthy and hearty, and can, almost, like the gold fish, live and thrive on water, straight. Over-flesh for a long period of time, means premature death. Rather than take medicine to reduce the flesh, take the "Black Bottle," what the superstitious say. The Doctors prescribe for the incurables in the Public Hospitals. They mean that they will be carried out feet first, the following morning, after partaking of a dose out of the bottle.

Reduce the daily amount of food and liquids gradually, and at the same time eat laxative and not the fatty foods. Do not

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reduce the liquids below one and one-half pints in twelve hours. Reduce the food until you reach the desired weight, all the time taking plenty of exercise, and bathing—keep reduced on the same principle until the end of life.

I shall now say something more about the eyes. The mountaineer and the hunter are extremely long-sighted, and the farmer somewhat less, and the city people a good deal less than either. The eyes focus themselves naturally to their surroundings and environments, are strengthened by use, and taken away for non-use. The more one reads one sized type the more he can read, and the stronger the eyes become, like any other organs of the body, use develops them—that is, if he is an office man, lives in the city where the objects are close to him. All the other classes of persons, who generally read about one hour per day, lose their reading sight, without glasses, first in the order mentioned.

Our forefathers read with “Tallow Dips,” and mostly without glasses. Second sight is largely made by second environments. Persons subjected to second sight are generally those who have lived pastoral lives, until age compelled them to hover around home. Then they naturally focus their eyes to reading; therefore, it will nearly always be observed that they can read without glasses. Bright, artificial light is destroying our sight at a rapid pace. Eye glasses are a curse to humanity, except to persons afflicted with Scrofula, born with a defective sight. The moment a person puts on eye glasses nature proceeds, at once, to focus the eyes to the glasses. After that it is easy sailing for the Doctor and the optician, who have a life-long patient. Every time a person has a “bilious spell” (ignorantly called a cold), the eyes are more or less affected, which drives many persons to the premature use of glasses. One should never read in a room artificially lighted, that is, with the light equally distributed, but with a lamp, or gas light, hung low down and

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falling on the page over the left shoulder. Outside of what has been heretofore said about the eyes, follow the rules heretofore laid down on constitutional treatment, and it will follow that you will "peg" along to the end of life without glasses. A weak eye indicates a weak kidney.

EARS AND HEARING. Firecrackers, bombs and fireworks should forever be abolished by law all over the earth. All violent noises (including the din arising from boiler works and explosions of any kind) injure the ear. Outside of those things, the catarrh is the only thing that materially affects the ear and hearing. The ear drum is the finest piece of machinery in the Universe. Never put a hard substance in the ear. When it itches pump the wax out with the end of the forefinger. A dry (waxless) ear is no good and shrinks away around the entrance to the head, and is mostly caused by catarrh.

CATARRH AND ITS CURE. Nine times out of ten catarrh is caused by gluttony. Remedy, remove the cause. If you lack the stamina and will power to do it, take a long pull at the black bottle aforesaid—fall asleep and veil yourself in your mother earth. When you have catarrh at all, you have it from the top to the bottom of your human sewer, and throughout all its ramifications, including the lungs and all the other vital organs.

FILES AND THEIR CURE. Piles follow in the wake of catarrh, causing the falling of the lower bowel, with this difference, you rarely have piles without being constipated, or a feverish, inactive and filthy bowel, all of which, primarily, cause the protruding bowel as well as the blind piles. The former are caused by the same cause that causes typhoid fever (ulceration of the small bowels), while the blind piles are caused by the ulceration of the lower bowel. Both kinds of piles can be traced, by the aid of a powerful microscope, to millions of small worms,

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taken into the sewer through the water and air, which find their natural elements in a rotten sewer. This worm scents death (ulcers mean mortification), and begins to change the body before the physician gets in his deadly work with his knife, after which the worm of death can, with a reasonable certainty, remain with the body until it returns to dust.

In order to cure piles, remove the cause—eat laxative foods—and assist nature by eating plenty of red, or cayenne pepper, a great bowel stimulant, and in fact, equal, if taken in large doses, to quinine. Either will stimulate a slumbering bowel, or bowels into a healthy action. Nature will do the rest, after the cause is removed. The death atomites rarely reach the ascendancy in man, so long as he pursues a fruit and vegetable diet, that is, where they lead. Every drop of vegetable and fruit juice, whether raw or cooked, should be consumed in the family cooking, in some form or another, and the former, at least, should be eaten raw, and the latter, too, as far as possible, ground fine and eaten in the form of salads, and when cooked, with as little water as possible—steaming is better. The water in which they are cooked is of equal value with the vegetables in which it is cooked. Vegetables are a good filler. Every one should eat one full meal each day, that is, to keep the machinery in good order. To those living in harmony with the law, at “any old age”—old age is a misnomer—is only a matter of thought and suggestion. Nature will try as hard to remove the scar had in childhood at ninety as at nine, and will try as hard at ninety to gauge the human stomach to any kind of food as she will at nine. Most old persons die from a sudden change of habits, habits of all kinds, including eating, the quantity they eat and the quality. All old people of note had or have staid habits. There are other causes of premature death, prior to 100 years—youth; worry, intemperance and accidents. There is no remedy for intemperance, excepting through the parents and the school board (?) teachers, educating the individual (child), beginning

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with the cradle and ending with the grave. From twenty-one to the grave man must be his own teacher. When he leaves school his education has just begun, that is, the suggestions he weaves into life's experiences; that is all that counts for anything; the schooling lays the foundation, that is all.

The public school should teach more of the causes of diseases and less anatomy; more peace and brotherly love, and less patriotism, (?) war, swords, muskets, uniforms with brass buttons and epaulets, more individuality, liberty and self-reliance and less "toadyism" and dependence on soft (?) government, city and state jobs—including "quasi" statesmanship—political jobs and politics.

There is another important factor in the cause of diseases. It is the non-user of the parents in the physical development of their bodies (too much city life) which will in time result in a race of heads minus physical bodies, which with their small vital organs, will be unable to sustain their heads. More will be said under this head in the treatment for consumption.

Man's brain is like unto, and answers the same purpose as, the receiving and sending instrument of the wireless telegraph, only of a higher and more refined order. There are, however, as many different grades of brains on the earth as there are different people. The brain, like all other organs of the body, is made strong by use and taken away for non-use. The zero mark of our brains is at birth. We build up brains exactly in touch and harmony with our thoughts and desires. There are but few brains that can stand solitude—that are tuned to receive from the Universe—the only source, grand, high, ennobling and spiritual thoughts, that are per se self-satisfying. They lack imagination, which in time ripens into geniuses, artists, writers, sculptors and thinkers, which classes of brains you cannot injure in solitude; on the contrary, they improve at a more rapid rate than they do in society. This class of brains improve

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with their kind—a rarity in society. No brain ever originated a thought. The brain receives thought in proportion to the desires it attracts to it—just what thought harmonizes with it. Everything in the universe is attracted by its kind. That means you, dear reader. What are you attracting to you? There is no record of a thought left after death, stamped or indicated in the brain. If we compare the brain of a non-thinker, idiot, scientist or philosopher, the brains of the two latter classes will far outweigh the two former, because the latter have worked the hardest. Prophecy keeps one hundred years ahead of the sciences. Swedenborg gave the world more science, by prophecy, than all the scientists since his time. And how about Mother Shipman and Edward Bellamy for suggestions to and for the geniuses? There are one thousand to one more prophets today than there were in Bible times. If not, why not? We are a world of butchers, warriors and vivisectionists, excepting a large portion of the heathen (?)—Oriental vegetarians.

Relating to health laws, government and longevity and supporting three hundred people to the square mile, the Orient can teach us our a, b, c's. Sometimes with thirty to the square mile, we have our hands full. The thinkers of the Christian (?) world are absorbing oceans of wisdom, both spiritual and mental, from the world of the Orient—from its life's experience, a few thousand years older than ours; and experiences, like cheese, improve with age.

It is self-evident that if a man is rich (become rich by his own efforts) that he is a man of his word. Two things are necessary to attain wealth—credit and merit, that is, if he is employed by another, that he will take the same interest in the business as though he owned it himself. Society has use for that class of people. Society has use for a person that it can use—that is useful to it.

Every man that exists and maintains himself, good-

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naturedly, is a benefit to society. The difference between a pessimist and an agitator is, the former tears things (ideals) down, just to be in rebellion, while the latter tears things down, but thinks he has something better to offer, and very often he does. The pessimist should be allowed to live—on probation. The same rule should apply to the "Book Worm" (parrot). He may in time be able to read something between the lines; otherwise his brain, by non-thought, would become as tough as a sow's ear—casehardened. Both the two-footed and four-footed animals have their parasites, and so far both have tolerated them. The cure for the parasite (man) is in the individual, or in the "Black Bottle"; the former is preferable. I have more respect for the man with the hoe than the man with the sword, or any other uniform. Every one in the Universe should die with his harness on his back. Be of some use to society; work eight hours per day should be one of the greatest pleasures of our lives. When a healthy person will not work at something, he should be taken to the "dog pound" or the fertilizing plant. A lazy man cumbars the earth just as much as a worker. There is nothing succeeds like success. Heads of families receive nine-tenths of their advice on how to raise children from persons who never assumed the responsibilities of parenthood. Parents rarely ever offer any advice on how to train children, because they have to establish a new rule for every child born.

We notice in the sea and on the land, both in the animal and vegetable kingdom, that nature has wisely provided for the weeding out of the young (weaklings) species. She does this in the sea by the big fish eating the little ones, and on the land, sometimes the male and sometimes the female animal (free in nature) destroy their young, and the stronger and more cunning of the animals destroy the young of the weaker, as well as the weaker parent animals. Every animal, by nature, is provided with a mode of defence. Every animal in nature has its enemy, and every animal knows its enemy, from the lowest to the high-

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est forms of life. This rule holds good in this commercial age, the Trusts being the king of all beasts. The mole has the most acute hearing and the strongest paws, fashioned for throwing dirt; his cute ears are first to hear the weasel (his ancient enemy) then with his powerful paws he throws the dirt behind him—fills up the hole, digs straight ahead, and baffles his wily pursuer. The next in order of hearing is the woodpecker. He listens, hears the worm grinding the wood (with his little horn nippers) and makes straight for him, and rarely misses him.

Women should have equal rights with men in everything on the face of the earth. You can trust motherhood with making the laws, or any other old thing, where you cannot trust fatherhood. Women are slaves in this age, and will remain so as long as there is so much orthodoxy. Women should have one more right (married women) and that is the right to say how many children they shall bear. They should know the better their physical and financial condition. They should regulate the number to not less than four, however. The number can and should be regulated without infringing upon a law of nature. That can be done by a close study of the sexual habits and indulgences of the bird and animal kingdoms. They should take them as a guide, pattern after them, and carry a dagger and a revolver to protect themselves against their husbands.

Every person should be his own ancestor. The way to cure diseases is not by a change of climate, but by a change of habits. Spices and condiments dry up the blood; liquids increase it. The beginning of wisdom is when you begin to think for yourselves. Knowledge is power to overcome poverty, disease and premature death.

With due apology to the learned scientific (?) doctors, the vermiform appendix is one of the essential and very important organs of the body. It is the oil cup (lubricator) for the lower bowel; it gathers and stores the oil and exudes it at the proper

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time. The oil is of a water color, very thin and light (weight)—very healing, but obnoxious to the atomites of death. Appendicitis is caused, first, by not taking oils enough into the body with the food, and secondly, by constipation. A passage from the lower bowel each day does not mean a clean bowel; a good full and free passage generally does mean a clean bowel. Sometimes the excretions stick to the bowel and sometimes lodge near the appendix, which is first disclosed by an itching at the outer entrance of the lower bowel, which is caused by millions of small worms, heretofore described under the head of typhoid fever. This disease will never occur in a clean bowel, or sewer, which is kept so by eating laxative foods. As a temporary expedient, however, after you have retired for the night inject at least a quart of tepid water, made soft with a little soap, which knocks the worms silly, and retain the same until morning, or so long as it is possible. If the dirty itching bowel is allowed to run long enough, sometimes years, the worms will cause piles, ulcers and inflammation, and if near the entrance of the appendix, it will open and let in some foreign substance, closely followed by the worms. Soon you have mortification of the appendix, or lower bowel, sometimes without pain, for a season, which is followed in time by appendicitis. The pain generally begins as soon as the foreign substance enters or the inflammation sets in, or it may be from invisible worms. Persons should never sit cross-legged, and should always protect the right groin from abrasions, by coming in contact with the clothing. Persons who take plenty of physical exercise, rarely have it. Once the appendix is removed, you may never expect perfect health again. Nature never made a mistake, unless it was in man. What the scientists say about the appendix being a relic of the animal is pure and straight "tommyrot."

No more, however, than the Darwinian theory of physical evolution. We inhale with every breath we breathe living atomites of every organism, animal or vegetable, in the universe,

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from the star fish to a planet. Everything being normal, and occurring in the usual way, we propagate our (own) kind and likeness, varied in every other way a million times. It comes from a higher intelligence than ourselves. There are millions of planets inhabited. Prior to our advent on this earth, we were in an atomic form—a very small ego. We do not know how much knowledge we had then. At the proper time, when a planet evolves into the condition for man and beast, there is always a bountiful supply, changing and leaving other planets, that are disintegrating and going off into space, and they are glad to accept new conditions. They just come in atomatic ethereal ego and materialize in harmony with the conditions of the planet, and there you have it. There is such a thing as evolution and involution of the Spiritual essence of things. Man has evolved the crab-apple to the Baldwin, and his natural life from 150 years to 40, to goggled eyes, to false teeth, gray hairs (premature), bald head, loss of appetite, failure to control his appetites and passions, poverty and a thousand and one other diseases. The wild and untutored savage (prior to his advent with civilized (?) man had lived near the earth (nature), ate the wild crab-apple and other wild fruits and vegetables and meats, was never bald, stoop-shouldered (small, scrofulous), prematurely gray, had a goggled nose, had any disease, nor did he fail to control his appetites and passions, nor failed to live a hundred years (young). Sure, we are a "howling success!"

The Trusts, properly controlled, are blessings in disguise. By their cash basis and discounts they prevent people from doing a thousand dollar business on a hundred dollar capital—that is, the credit system and over-production running "riot," causing panics.

If the people would do business on a cash basis, there would be no panics, or need of Trusts. The tariff is a local issue, and like the wind, it varies and follows the trend of a

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circle. It is better, however, to have too much than not enough.

CONSUMPTION. A consumptive tendency is the only part of that disease that can be inherited, large head, with a large frontal brain, tapering down to a small and refined face, sharp chin, long small neck, flat, wide or narrow, thin chest, which necessarily cannot contain large vital organs, tapering down to the hips, large, angular hips, legs, hands and feet, neither of which taper. The vital organs of the body, above described, are too small to sustain and nourish such large extremities, which without a superior knowledge of the laws of health produce premature death by said disease. Any one finger of the human body is, to the experienced eye, enough to tell the amount of life force contained in that body. The finger gives the shape of the body. If tapering, the body will be tapering from the shoulders to the feet; large neck, with tapering hands, legs, feet and toes, which, naturally, means a long life with lots of vitality. There are about three kinds of Consumption. I will first explain tuberculosis and syphilitic or scrofulous disease, which may attack any part of the body, but generally attacks the lungs. The cause of this disease is lack of that class of foods which contain one or more of the component parts of the body. It never, however, attacks the body until it has fallen below the zero mark. The only remedy for this disease is constitutional treatment, or follow an agricultural life, beginning near the cradle stage, and continuing until you are one hundred years young. When once attacked by this disease, keep cool. It is not necessarily fatal, more especially if taken in the first stages. The first thing to do is to halt! "Right about face!" Change all the habits of your life, more especially eating, but do not change climate.

The second kind of consumption is consumption of the lungs only, without Tuberculosis. This kind is caused mostly by Catarrh (gluttony) generally in persons predisposed by build

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for the disease, and is erroneously attributed to colds, but, in fact and in truth, it is caused by trying to keep up number nine feet and a twenty-two inch brain on a four inch stomach, and vital organs of the same caliber; trying to outdo the man with the order of the vital organs reversed, propagating his species and wasting his energy, in other and diverse ways, when, in fact, all his life forces should be preserved and conserved by correct living, that he may live out his kindergarten course on this earth plane.

CONSUMPTION. The third kind is in going out like a candle. This may be caused by anything that lowers the vitality to below the zero mark. One of the first proofs that you have this disease is night sweats, the first one of which denotes you have fallen below the zero mark, or you may perspire freely in your waking hours without physical exercise or over-heating. Persons of any build are subject to this kind of consumption, regardless of age, condition or climate. The foundation of this disease is in over-exhaustion, physically and mentally. The night sweats are easily checked—face the other way—change every habit of your life, including the climate—get as near the sky as possible and stay there, until you get well, and if you don't get well there, bury your bones in the hills. This disease is, nominally, death by exhaustion, a giving out of all the organs of the body, at once—dying daily. It is a painless death. Cranks and prize-fighters are subject to this disease, the latter from training too low, and too often—below zero—and the former from reducing the flesh (fat) too low or running too long on a straight line, without a tangent—once and a while—of dieting too long. Nature helps them to a certain stage, and then abandons them.

Another strong mark of the consumptively inclined is the small nostril—an infallible sign—mouth breathers. This class of people (with a low order of vitality) have fine brains and are

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very sensitive, and often "glitter" intellectually—choose city lives instead of outdoor lives, the reverse of what they should do, and many die without finding out their mistake until it is too late. They should always breathe through their nostrils, and sleep with a handkerchief tied under the jaw and over the head. That means you, reader, whether your nose is broken or you breathe through your mouth—snore. Your nose is for the purpose of breathing—use it. If your nostril is small, do not wear a moustache. If large, wear one; don't ask why. Use your reasoning powers. Read between the lines.

SUICIDES. From ill health. One-half of them that are not in the insane asylums—where they leave no trace of the cause behind them, is caused by night sweats, dreams occasioned by an over-heated spine (brain) which causes the loss of one of the greatest vital essences of life (being second to life itself) in the form of lewd and lascivious dreams (termed by medical writers loss of manhood), which is more expressive. These dreams occur during the hours of sleep. Persons committing suicide under these conditions, rarely, if ever, divulge the cause, leaving that for the dear ones to guess—who, owing to their ignorance of the matter, are rarely able so to do, generally attributing the cause to ill health. Every person should live for the purpose and with the object of benefiting society as a whole. The cause of every premature death should be discovered, and that, too, by those near and dear to them (by post mortem, or otherwise) for the benefit of the living. The dead (?) have nothing to lose by it. Any person in the Universe (that means you, dear reader) that sleeps with one particle of clothing more under him than over him (unless he is a child, unaccountable) hereafter, should be beaten with a stuffed club until he promised that he and his should exactly equalize the amount of clothing he has over and under him during his sleeping hours, during the remainder of his nat-

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ural life. Every feather bed, wool mattress or bed tick of any kind should be consigned to the flames, and the penalty for manufacturing either should be the "Black Bottle," and the same penalty for any person hereafter who shall wantonly and knowingly (with malice aforethought) sleep on anything excepting a fine woven wire mattress, with the clothing on same equalized, as aforesaid. Every one should have a thermometer in his room. Let in as much air as possible and gauge the clothing to just the amount necessary for sleep and no more; change the amount, above and below, to harmonize with the temperature of the sleeping room. A better plan is to have one blanket less above until you feel the need of it, when you can pull it up from the foot, where it should be kept for just such an emergency. The body requires more clothing in the latter part of the sleeping hours than in the former.

OLD MEN VS. YOUNG WIVES. If an old man (who is a thinker) should marry a young wife, he would, and should, first buy him a looking glass (small one will do) to see himself die.

A young man who cannot live without a woman (sexually) should receive from society a painless death. If a man cannot live without cohabitation before marriage, he can not, nor will not, after marriage; therefore, he is not fit to marry or associate with the brute creation. He, too, should die by an anaesthetic. There is only one proper remedy for the "rapist" of either sex, whether by allurements or force, married or single, and that is to unsex the individual. This should be statutory. Nearly all the raping going on now is conducted under the sacred (?) banner of marriage. The statute does not even, directly, make it a ground for divorce; but, indirectly, under the head of cruel and inhuman treatment, it does. Until parents or married people learn that love is wholly unselfish, and learn to control their passions, at least, on an equality with the four-

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legged, animal kingdom, they may never expect to wholly rid themselves of our ancestral disease Scrofula in all its various ramifications and forms, which constitute about three-fourths of the diseases of the human family. About eight-tenths of this trouble may be attributed to the male sex. Primarily, however, the origin of this disease may be traced to our ancestors, their excessive cohabitation. The remedy lies in every man being his own ancestor—that is, controlling his appetites and passions, per se, make thinking along some original line the leading trait of his life. Cultivate something besides his animal passions, which will in time become a part and parcel of himself (character), all he takes with him throughout the eons of eternity.

PARENTAL CHILD MURDER. Is caused largely by over-sexual indulgences. The husband will often sanction it for the same purpose, that is, for the same purpose that the male (four-footed) animal destroys its young. There is too much child murder in society. Society will hang the young mother—incidentally, anyone else—who puts out of the way, or out of its misery, one doomed to want and suffering, if she takes the life of her offspring, whether cute or a monstrosity, or any other old person, whatever their condition may be financially, physically or mentally; all of which I believe to be correct. The judge's wife, and the wife of the prosecuting attorney, that condemns the young mother (or incidentally, anybody else), may be guilty of a half dozen child murders, before birth, and society is dumb about all under the guise of the great marriage certificate. Strange! passing strange!! All the human stomachs in the universe are either acid or alkaloid; the former class should live in an alkaloid country, the latter should not.

There are two classes of old (young) people, between fifty and one hundred. The old are those who have wasted their life forces, and they look it, every inch, in body, soul and mind;

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and the other class, who have preserved and conserved their life forces, are young, beautiful and are possessed of all the charms of their youth, buoyancy, health and naturalness, by right thinking they have built up and added to the thought—brain cells—which in turn have been moulded into their character, which finds on this earth all the heaven they aspire to. A heaven to that class of people, without birds, animals, mountains, rocks, hills and humanity, of which they are a part, in which they can expatiate, radiate and enlarge by inspiring others with hope and day dreams would be a hell to them; while the other class possibly might for a season be satisfied with the orthodox heaven (they think so), but they would soon grow weary of it. The heaven you find here will be the same as you find there.

CHRISTIAN CHARITY AND MERCY. It is considered just the proper thing if a person is blown up in a powder magazine, resulting in loss of legs, arms and sight, to exhaust every effort known to modern surgery to restore him to his normal condition, as near, at least, as the conditions will admit. All of which I think is proper and correct. What does society do with the pet cow or horse, when they have passed their age of usefulness, or meet with a severe accident? Shoot the horse? If there is a horse cannery in sight! Or beef the pet cow. Ye Gods! This is orthodox, but is it right? In some of the older civilized (?) Christianized (?) countries butchers display their, or their neighbors', pet dogs and cats, dressed ready for the oven, and very often, too, in extreme cases the flesh of human beings are put on sale in and under the guise of pork. This course, however, only in the countries classed as Occidental—Christian; while the countries classed as the Orient (Heathen) (?) millions of people who would not, for their life, kill an animal of any description, largely vegetarians and fruitarians. This to the thinker means so much.

There can be no Christian charity or mercy that does not

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include the animal kingdom. You have nothing to fear from the person who will take care of the pet dog, cat, horse or cow until they die a natural death; they are safe on either side of life. If you are too poor to do this, turn the pets out on the range; let them take their chances with the other animals (free in nature), where they will generally live and thrive and die of old age. Do with them just as you would wish to be done by, providing you were the pet. Reverse the order, or if they should be injured, place yourself in their position—deeds instead of creeds. The more knowledge I get of the inner workings of society, the better I like the society of birds and the four-footed animals. The great man starts in by studying the atom, then himself. When he knows all about himself, he will know all about the laws of the universe. It may take millions or eons of years, some time, somewhere, he will be able to learn and assist in the workings of the great Milky Way. The slow and measured swing of the Pleiades, and solve the other mysteries of the Universe of God. Nature changes life, but never destroys it. All is life, one-half of which goes to sustain the other half the ratio of each being about evenly balanced. We all find our equilibrium, somewhere, some time. This life is only a kindergarten, where we learn our a, b, c's. Mysteries disappear when we once understand them. Once a thinker—a thinker throughout the domain of eternity. A thinker must and should make or leave a record of the results of his thinking for the benefit of his fellow man who is too lazy and indolent to think or reason. A thinker should give out something, as he goes along. The more he gives out the more he receives. He will find one in ten thousand that understands him a little, else he would not receive but little. A genius that invents one invention can invent one hundred more; it is the same with the man who writes a book; he may not have time—on this side of life—to do it. It's no trouble, after you have built up your brain cells for a certain purpose to accomplish that purpose.

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It is all in getting the instrument tuned; the universe will furnish the music. Man can be what he desires, a wood-splitter or an artist. Choose something, master it or die. There is one hundred things to do within reach of your hands; it matters not where you are. Don't wait for something to turn up, turn it up yourself. Master your circumstances, don't be a slave to them. The world is full of suggestions, waiting for some one to accept them; the only way to rise above the clod is to accept them. There is no room in the world for creatures of circumstances. A man in Nome, Alaska, slept cold, all winter long with two dozen newspapers in his tent. Think of it! It only needed a half dozen of them to keep him warm; the suggestion was all he wanted. Two thicknesses of paper is as good as a woolen blanket.

The roar of thunder or the forest fire is caused by nature rushing in the air, to fill the vacuum caused by the burning out of the oxygen. The atmosphere in its normal condition is noiseless, and in a perfect equilibrium, like the ocean below the combers and the waves. If the atmosphere was perfectly quiet the ocean would be as calm as a mill pond. If the moon causes the tides, it also agitates the earth's atmosphere, which in turn agitates the ocean. Throw a pebble in a calm ocean, and it will agitate it from shore to shore. The earth's atmosphere is analogous. Speak and you agitate all the earth's atmosphere, which with some change, reaches throughout all the limitless regions of space. All the air extraneous to the planets is ethereal or radiomatic; the farther from the planet, the heavier charged. The mountain top is about as high as we can go to prove it. The ether, with which the air is more or less charged, is the conveyor of all sound, making possible the wireless telegraph, which is all caused by the agitation of the earth's atmosphere. Now, if we could rise high enough, time and space would be practically annihilated, and if we could remain long enough for nature to temper us to our environments, these ether waves or rays would

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convey the sound to any planet, at least, in our system. We are sustaining ourselves, and the earth is being replenished by and in the same great ocean of atmosphere as the people of other planets, breathing more or less of the same air.

CREEDS. My Creed is elastic. The Creedists tell us that we are the sons of God; that God is our father; they are silent about the motherhood of God! I don't want any creed that has no motherhood in it. If there is a Fatherhood of God, there is a Motherhood of God! I reserve the right to change my creed at any moment. Show me the truth and I am with you; if you are honestly seeking for the truth, we are akin. It never appealed to my reason that our earth was the only planet inhabited. That it was the whole thing in the system of universes. Some time, somewhere we will surely understand! The atmosphere is as full of thoughts as an egg is full of meat. Thoughts too, agitate the ether atmosphere, and will go on until they reach a receptive brain; any brain that is attuned to the thought, high or low. If a thought, good or bad, is sent to a person they will receive it somewhere, some time. The brain that sends it is the sending instrument (objective), and the brain that receives it the receiving instrument (subjective), and we are all on the wire, if our sub-conscious (key) mind is open. We can receive the message, good or bad. This is the mental telephone and telegraph.

BRIGHT'S DISEASE. This is the third and last kidney disease, as hereinbefore stated. Sometimes the kidney wastes so gradually that it can only be known by the gradual decline of all the organs (vital) of the body at once; to the lay members of society it would seem to be a normal death, but, in fact, it is a premature death, generally occurring from forty-five to sixty.

DIABETES. This is the second stage of kidney trouble, known by the excessive thirst of the person affected—nature's

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warning that the kidney is passing beyond her reach for the patient to call a halt! Live in harmony, instead of disharmony, with the law. The sugars of the body in this disease are forced into the blood—through the urine—followed by dry saliva glands (which lay underneath the tongue) and fever. All persons are subject to a disorganization of the kidneys (without thirst), which is caused by fine (?) cooking mixed with a little worry. This is sometimes taken for Bright's Disease or diabetes (by persons ignorant of the subject), who examine the sediment in their urine, in the form of brick dust, etc., which is not dangerous, and will soon disappear, with a change of diet and thinking. Otherwise, however, it will pass on to diabetes, which in turn will be followed by Bright's Disease, after which the kidney becomes virtually "no good," the whole inner lining being coated with a greenish scum. The doctors, so far, seem to overlook this fact in their post mortem examinations. They call it a shriveled kidney, and, as yet, they are unable to cure this disease. Now, if they, too, had noticed this green scum, they, as well as the discoverer of the remedy that I am about to record herein would have discovered a remedy for this dread disease. This remedy has been used by a family of Spanish physicians, handed down from father to son for nearly three hundred years. This remedy cures nothing; it removes the green scum; nature does the rest. That is, if you assist her with a stricter regulation of diet for at least one year. Eat no food that contains any sugar or starch (formula may be found in any reputable work on dietetics). The first indication of this disease is albumen in the urine, that is, a slimy light cloudy substance. Let some of the urine stand over night in a clean glass bottle. In the morning shake it a little, and you will see the cloud arise from the bottom of the bottle to the top. The urine is odorless, even if allowed to stand five or six days, which will be the reverse with healthy urine. In this disease the flesh becomes flabby, with dark yaffs below the eyes. Press the index finger on the flesh, on

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any part of the body, and the depression will be slow about filling up. I have cured quite a number of prominent people of this disease, and that, too, after they had been given up by reputable physicians, one-half of whom were thankful for the same; the other half thought they had conferred a great privilege on me in allowing me to cure them, and that, too, for just the cost of the medicine. I have kept this formula a secret, since I obtained it in 1898, while on a trip to the borders of Southern California and Mexico, expecting to have it patented. I have, however, prospered in other ways, and now feel it my duty to dedicate it to humanity. It, with the diet aforesaid, will cure any case of Bright's Disease, providing the patient has not lost his feet and legs—bed ridden. This stage, however, rarely lasts but a short time. The over-feeder—over-fat person—with short thick neck and bullet head, is subject to this disease; all drop-sical diseases follow in its wake. Persons who have read the former part of this work (and heed what they have read) need never have this disease, or incidentally, any other disease, heretofore mentioned. The formula is as follows, to wit: One ounce of the oil of Organum; one-fourth ounce of the oil of Hemlock; one-fourth ounce of the oil of Sassafras; one-half ounce of the oil of Anis; mix with one pint of Alcohol; dose one-half teaspoonful, three times per day. Take in sweetened water. This with the dieting, aforesaid, will do the work. The only reward I ask for, and expect, for giving this formula to the world—that is, from the medical fraternity—is due credit for its merits and its use. I am willing they should have the profits, providing they give me credit with the gift. While I am not the discoverer, yet I could have let the secret die (?) with me.

CRIMINOLOGY. It is a fact but very little known that the United States Government at Washington, D. C., is maintaining a department of this science. And it is a fact that this department is doing a glorious work for humanity now, and is

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laying the foundation for a greater work in the future. Only thinking people take any interest in this department, and they should rise and make their power felt, through Congress, in having the appropriation increased fourfold the present amount. This science is one of the most fascinating and useful studies that the student and thinker can engage in, and includes in its range of research idiocy, genius, criminology and insanity. In passing I shall only touch upon the high places of this subject, while later on in this work I shall be more specific on every subject heretofore and hereafter treated prior to the RETROSPECTION. Genius and insanity are twins. Nature never ceases to better her species (one of which is man) physically and mentally, and the only mistake it ever made was in man! Her highest type of manhood is in Genius, however. She sometimes goes a hair's breadth too far, and the result is insanity. Nature never allows the loins of a genius to produce a genius. She calls a halt; she is afraid to go any farther along that line—in the same stock. Technically speaking, we are all insane; insane persons do not admit their insanity. Viewed from the standpoint of the lay public, all persons out of the ordinary—geniuses, poets, inventors and investigators are cranks or insane—not commercial—money worshippers. The “Plugs” try to silence a great man, one who is not a slave to custom, does and says things out of the ordinary by calling him a crank, until they have unfolded a little themselves. I am always anxious to meet a man or a woman whom the dear public call a crank and an illusionist, or an agitator. They are so closely related to genius. Natural insanity (non-sane mind) is inherited (per se), and a tendency to the same is inherited. This class of insanity is closely related to idiocy (an unbalanced brain), not a vacancy, and is largely caused from scrofulous parents. There are many kinds of unnatural insanity, among them being insanity caused by gluttony—high living—causing the breaking of a large number of blood vessels (generally after forty) in the brain, while the breaking of

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a large blood vessel would cause paralysis. Another cause is thinking too long and too arduous on any one subject (over-develop the brain on any one point) to the exclusion of the remainder of the brain. If, however, they hit a tangent without going too far, they may end up a genius. Too much solitude for the undeveloped brain will also bring on insanity. Parental causes figure in this disease (?)—marriage of people of the same temperament. They rarely have children at all, and when they do they are not very cute, to say the least. Intermarrying—marrying in the blood—is another cause of insanity. Persons in selecting a mate for life should be allowed to make their own selection, and if they are possessed of common sense they will select their opposites, in complexion, size and temperament. The result will be handsome, bright and intelligent children. Two tall or short persons should never marry. If they do the issue will be dwarfish or giants, the latter doing but very little harm in boys, but my heart goes out in sympathy for the very tall girl. If she marries at all, it is generally with a “whiffet,” which is far preferable, to the reverse for her. On both sides of the house the stock should be looked into. Two fleshy people from families that are naturally fat should never marry. Such unions generally result in degenerate children—children with a low order of vitality. Over-flesh, in time, becomes a disease, and eight times out of ten ends in premature death. Neither should two lean families intermarry, nor two bullet-headed families; nor two long-headed families. No extremes of the same kind should intermarry; neither should a “plug” (non-thinker) intermarry with a thinker. Each should seek their opposites, in every respect, excepting as relates to their social and financial positions in life.

FOOL-KILLERS. In the early days of kings, each king had or was allowed by the state a fool or jester, and he was generally the smartest man in the kingdom, and always cuter.

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than the king himself. Now, however, every one thousand people on the earth (some communities require two) should elect, by popular vote, a fool killer, whose duties, within the jurisdiction (bailiwick) should be to have the power (per se) to kill or execute, as he may see fit, not to exceed fifty per cent of the people in his bailiwick, aforesaid. His first move should be to kill every young girl under the age of eighteen seen in public with any person other than a blood relative, chaperon or alone, followed by the immediate death of the parents, who allowed the awful transgression. His next duties should be to burn at stake or hang to a telegraph pole, anything that wears trousers, that will stand on a public street, or any other public place, and make any remark whatsoever, good, bad or indifferent, about any woman of any religion, race, kind, quality or color, or in fact, any living creature that wears petticoats. His next duties should be to crack the skull of any person of either sex, who will spread themselves out enough to cover two seats in a street car, or occupy a space with packages when other people are standing; a man (women never do this) who will stand on the platform of a street car (when he is not smoking—your Author indulges in the noted Indian weed) and forces ladies to run the gauntlet to get aboard of a car, a man or men that will not stop a fight between two boys, or a man that will not run from a fight when or where guns might be brought into play. He should have the power to flog, on the bare back, with a cat-o'-nine-tails, parents of either sex who use any physical punishment whatever (only Puritans and orthodox people do this) in the training and raising of their children. All this should be statutory, and for the second offence the children should be taken away from them and turned over to thinkers—nonconformists, Creedists, Christian Scientists or Spiritualists, who believe in rearing their children in an atmosphere of love, so that when they leave the parental roof it is with love and reverence for their parents, instead of hatred—a hatred that often continues

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throughout the eons of eternity. Puritanism laid the foundation of flogging, and Puritanism is now dead, and in another decade flogging will be dead! The fool killer aforesaid should administer a heavy blow to the cocoanut of every non-thinker (one who allows the preacher and the doctor to think for him), and all persons who are looking off a long distance for something to do—a place to get rich. Also, the same punishment for persons whom you meet who with their opening remark refer to the weather or your health. The Pessimist (unless he is an Agitator, has something better to offer); a male of any age whose mind runs on women; a man or woman (I should have left the woman out) who does not marry or a man that has raised a family and offers to marry the second time, and he (the fool killer) should have the power to maroon these latter classes on a lonely uninhabited island somewhere in the South Seas (with regret, I am compelled to add the fair sex to these latter classes). I think, however, in solitude they would soon see the error of their way and the justice of the banishment.

Rapists, libertines and women of easy virtue should all be unsexed (sterilized). This should be statutory and out of the jurisdiction of the fool killer. The fool killer should, however, have power, with the assistance of a jury composed of two philosophers, two thinkers, one plug (non-thinker), one preacher and one doctor, and even then the fool-killer should be sexless (eunuch) and should be ex-officio chairman of the jury, with the power to administer immediate death (in the event he believes the jury to have been bribed) to any person of either sex who are consumptive or consumptively inclined (tainted with it in any way) scrofulous or a weakling (mentally or physically), or one tainted with any disease whatever, that marry, or even offer to marry—the trial should take place in open court, and all parties should be deprived of the benefit of the clergy and counsel. The fool killer should have the power to hang, with a rope made from his own decisions, any judge occupying the bench that is or has

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been addicted to the use of whisky, opium, or any other drug habit, to the extent that he has become a weakling, mentally and physically.

Society, both in England and America, is short on eunuchs, while the Orient "glitters" with them; we'll come to it after a while. We are new, the dust sticks to us yet. A few hundred years will change things in that respect.

BIOLOGY—UNIVERSE. Did the Universe have a beginning? We cannot conceive of a beginning to the Universe—that is, taken as a whole. We can and do contemplate a beginning to some part of the great universe, and believe that it is being made as much to-day as during any part of eternity (which is now). The processes of growth are in all stages, from the infant to old age, so to speak, and all growth and births of planets or men can be traced to the ethereal cosmic fire mists, which nominally fill all space, from which all are evolved. We are not certain of our beginning, nor of what went before, nor the origin of the fire mist, which contains life in all its varied forms.

In the Universe are countless millions of planets (inhabited), each group representing a solar system like our own, held by gravitation in the vast spaces; they are mutually related yet independent. These systems have birth, grow old, change, disintegrate, go off into space and new ones are taken up from the remains by the great Nebular, Milky Way and whirled and churned into new planets and systems, and always retaining a perfect equilibrium; all of which is too vast for the human mind, on this side of life at least, to conceive. The eternal now is what should interest us here. The past, what we have not lost! (lost by shifting and drifting) is history. We can only improve the present moment. Reminiscences are dangerous, too suggestive of old age. To many, but the number is growing less, the future is a blank, to many it offers no prize, not even the continuity of

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life; they have not been born again (not unfolded—not developed to that conscious state of mind wherein they feel, know and understand that the real beginning of life is, after the change called death) those persons will find some solace in the (Rubaiyat) translated from the Persian, and Sir William Burton's "Kasidah" (Poem) from which the following is an extract:

Do what thy manhood bids thee do;
From none but self expect applause,
He noblest lives and noblest dies
Who makes and keeps his self-made laws.
All other life is living death, a world
Where none but phantoms dwell,
A breath, a wind, a sound, a voice,
A tinkling of the camel—bell.

However, if Brother Burton had had the perusal of the 16 volumes published by the London (England) Society of Psychic Research, after twenty years of investigation, and that, too, by such thinkers, investigators and scientists as Frederick W. H. Myers, Sir Wm. Crooks, Alfred Russell Wallace and many others of the brightest brains of Germany, France and the United States too numerous to mention, who compose this great psychological Society of Research, he would, without doubt, have been a believer in the continuity of life. This society expended over a million dollars during their search for the truth relating to the continuity of life, and as a result of said investigation, the Society acknowledged the duality of man before and after the change called death, and that an intelligent Ego exists after the change called death, and can and does under the proper conditions (of law and harmony) communicate with the denizens of this earth sphere.

These sixteen volumes, aforesaid, giving the exact verified facts of the said research, have been in existence for little more

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than half of a decade, and are only obtainable in the large libraries of the world, and from which sprung all the isms of religion and healing that have sprung up in the last ten years, that is slowly and surely undermining the orthodox creeds. For centuries the pew has bowed and knuckled down to the pulpit, but now the order is being rapidly reversed: the pulpit is "toadying" to the pew. Pew (people) are beginning to think and reason for themselves (use their own brains), resulting in a longer life (saves nature the trouble of putting them back to sleep (death) (?) for non-user of their brains. And in another decade the pew will choose from the rank and file of the new allied religions of deed (extraneous of the orthodox creeds), a religion of deeds pure and straight—minus creeds, which will occupy all the pulpits of the Christian churches in Christendom.

And they will be occupied for the general good of humanity, here and now, and that, too, with Mediums (the only way alleged in the Bible that God communicated with mortals on this mundane sphere) who will give and receive messages from those once occupying this earth; healers, including Christian Scientists, who will heal the congregation (Sunday will be a day set apart for that purpose) and philosophers who will teach the philosophy of life (the causes of disease and poverty); this will be the millennium! Every individual in the universe is, or should be, interested in this subject. One-half hour per day will work wonders with the individual, and that, too, in less than ten years. It is so hard for us to uneducate our past—shake off early teachings, environments and creeds; preachers (offsprings of priests) all forbid investigations along these lines, the penalty being excommunication (calling in your pass to heaven). They dismiss interrogatories on these subjects by saying: "They are the works of the devil' working through witchcraft on witches, etc. Any kind of old continuity of life is good enough for the thinker. Any kind of an old ghost (genuine) proves the continuity of life,

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whether it appears through a witch (medium) who attracts to her evil earth bound spirits, while through a pure high-minded Spiritual Medium, would come messages from a high source—from messengers emanating from Divinity (Angels) who have once occupied this or some other sphere of intelligence. In a manner, if one survives the change (called death) we all do, with this change; that unless a person has arrived at a state of consciousness that conceives and believes in an immortal state, it takes them from one hundred to one thousand years, after the change, before they actually find out they are dead (?). We are surrounded by dead (?), unborn, unconscious people here and now—see them every day. The change don't help them, per se, it only gives them greater opportunities. There are probably one hundred thousand people in the United States alone (fifty-three years ago there were three) who are blessed with clairaudience (clear hearing) and clairvoyance (clear seeing) who communicate direct with their dear ones (called dead by the orthodox; they (the orthodox) silences and answers all interrogatories relating to the subject by looking wise and stating that it is all the works of the devil. No doubt the Mediums think with Mary McLane: "Oh, good Devil!" And she was a great writer, too, because she wrote what she thought, hewed to the line—let the good work go on until all the world are mediums.

The creedists tell us that about three-fourths of the people on this earth (about that many differ from them) are on the sure and safe road to hell (the Devil). Fathers, all things being equal, advise their sons to join and affiliate with the predominating political party. The Devil is "boss." Why not follow him? In a Republic the majority rules; the minority, like the fair sex, are supposed to keep silent in politics. The Devil must be quite popular, quite a decent fellow. If I ever reach the orthodox heaven—continuous music and gold paved streets, I fear I could

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not resist the temptation of going prospecting (coming from this commercial age) that is, of course, for gold.

I would tire of that in a day or two. I would long for the forests and streams, and for my dearly beloved pet animals and birds. Oh, I would long for a change, any kind of an old change would be better than no change at all. And, oh! if I should come to knowledge in the flare and glitter of worlds—that little bare feet, chubby hands, dimpled cheeks, flaxen hair, and the mother who had cherished, nourished and guided those little feet in the path of right and duty, was absent! That, dear reader, would be all the hell we could stand. We are all shifting and drifting—not understood. I love earth's heaven! It's heaven to me to help make it—just for myself and all the rest of mankind—and if they or I do not enjoy it here, will we enjoy it there? Give us Deeds, minus Creeds. The more devil a person has within him the more he believes in a devil; the more good they have within them, the more good (God) they have within them; the more they have within them of either one, the stronger is their belief in that one; both of which, including poverty and riches, are merely conditions of the mind—moulded by desire for gold-glittering gold! The quality of brain cells that we build up in this life depends upon the quality of our thoughts. Our faces are the true pictures of our desires, emotions, memory, character and soul—all we take with us to fill our niche in the cloudless dome of eternity. The orthodox tell us that the law of civil liberty has been obliterated in heaven (like it was before the adoption of the great Magna Charta (Bill of Civil Rights) in England (see Blackstone)—that is, heaven is a hard place to get into and almost impossible to get out of; if we could not return to earth, at least once in a while, that would be hell to most of us.

STUDENTS, INVESTIGATORS AND THINKERS,
wishing to feel and know something of life and immortality,

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should read "Brann's Iconoclast" (a masterpiece of the English language) for logic and truth; Elbert Hubbard, who, by the way, is one of the most versatile writers of his day and age and is doing more for humanity (making them mad—setting them to thinking) through his "Philistine and Little Journeys," (the latter being a classic and masterpiece of our language on biography of geniuses and other great men) which must be read to be appreciated, and for the highest attainment in spirituality and the higher ethics, one should read "The World of Advance Thought" (published in Portland, Oregon) by Lucy A. Mallory, one of the greatest thinkers of her age, and last but not least, is Brother William Marion Reedy ("St. Louis Mirror"), who published through the Roycrofters, at East Aurora, New York, his Law of Love, which is a masterpiece within itself, with which he uses the dagger freely to make you think, then by his sweet harmonious heart to heart talks he heals the wound and lulls you into a reverie which you almost wish would continue throughout the eons of eternity! Reedy may die (?), but his Law of Love never! Society needs many more such master minds, thinkers and non-conformists who will unload their ideas in a book for non-thinking humanity.

COURTS AND LAWYERS. There are various and divers Courts on the earth connected with the judicial part of human society (the four-footed animals don't need them) and among said courts is a court of Equity-Conscience (?) Court. There are, however, a large number of real conscience courts (something less than a hundred million in the United States alone, each one having a court house of its own, in the form of a skull, backbone and solar plexus. The judge, jury and lawyers, including the witnesses are dispensed with in this court, and very properly, too, as we shall hereafter see. The amount of equity disbursed in this court depends upon the quantity and quality of the unfoldment of the inner soul consciousness of the individual,

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doing at all times and places as he would wish to be done by. He who stops to consider whether he will do a wrongful act or not is done for. He must abide the decision of his conscience, and that, too, without hesitation—every time. If this Court was used at all times and under all circumstances, there would be an opportunity for the judges and lawyers to become useful members of society—produce something besides strife among the members thereof. So long as the individual members of society (that means you, dear reader) stretch and harden your and their consciences, there will be use for judges and lawyers; now, however, they, including the doctors and preachers, form what the doctors call the vermiform appendix to society, otherwise they would all disappear like the dew before the radiance of the morning sun. There is too much law; the people are too much governed. Too many clubs and secret societies; every society means another government; one is enough for a great man; all should be and can be great, in this respect, at least. The more the government does for the people, the more dependent they become, lose their individuality, hence, worse off. What is there, outside of liberty worth living for? In order to solve the temperance problem, it is necessary to begin at the cradle (individual), educate the individual; that, too, will do away with socialism and trades unions, both of which are necessary (evils) in our present state of unfoldment. They are evils to individual effort, all that goes to make men great—great nations. Knowledge is power to overcome poverty and disease—all that is lacking to make earth a heaven. Wisdom is not all education; only the wise succeed. Success is in attaining our ideal. The trouble with the toiler is, he don't patronize the free library enough. Andrew Carnegie is right; he is doing more good for the toiler than any other man on the earth today. The toiler gains nothing by kicking at Rockefeller et al, but does gain wisdom reading the lives of great men, learn something of their habits of economy in starting in life—they lose sight of the humble beginning of

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great people, how they earned their first \$100; they had no saloon limit, distance to them lent enchantment. The habits of the average mechanic are so extravagant that they astound the ordinary business man. If the mechanic earns from \$20 to \$30 per week it all goes. And what does he spend it for? more especially if he is a single man? The best 25-cent meal in the United States does not cost to exceed, on the average, more than eight cents—that is a big margin against the toiler and in favor of the hotel and boarding house, in the end with the single man, they get it all. That is not a brilliant ending for the individual mechanic. Of course, if a mechanic is a good union man, he ends up in the usual way—a mechanic. Otherwise by strict economy he can soon boss the job. Married men (mechanics) are not much better in their habits of thrift (if not better before marriage, they will not be better afterwards) than the single man. And another thing that prevents them from rising in the world is, they are too high-toned to work at other work than their trade. It requires rigid economy, for at least a few years, to overcome poverty. Who are the real beneficiaries in the labor unions—that is, in the end? Is it not their managing bosses? Economy is no disgrace.

LEPROSY: A disease originating with the first advent of man on this earth plane. It originated in very hot alkaloid countries (alkali in the water and soil) or in the very coldest countries and is fostered and maintained in that class of climates. In the climates of extreme heat and cold, where there is a scarcity of soap and water. Primarily it was caused by uncleanness of the person, continuing for a number of generations, which, in time, caused a peculiar kind of paralysis of the skin—facial paralysis—skin paralysis which also affects the eyes, not so much the sight as the nerves, giving the eyes a glassy appearance. The three thicknesses of skin on the affected parts are dead and in time when it affects the finger or toe, and rots or kills the

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skin clear around it, per se, must sluff off, generally the ends of them. Aside from habits of personal uncleanness, lack of earth's salts must, and generally is, present where the disease is contracted. Nearly all waters and vegetables coming from beneath the surface of the ground (soil) contain these earth salts, an under-supply of which will produce scurvy,—an over-supply will lay the foundation for leprosy. To the layman these diseases would seem to be akin, but the reverse is the truth. Leprosy is a kind of a degeneration of the outer and inner tissues of the skin, caused by lack of consumption or an over-consumption of some one of the component parts of the body—that is, the soil produces an under or over-supply of the actual component parts of the body (those things should be studied by our agriculturists and agricultural colleges. After a good deal of research on the subject of fish diet causing this disease, I have concluded that a few generations of this diet which would include more or less putrid fish, would have at least, a tendency to nurture and foster this disease. So far, I have referred to non-syphilitic leprosy. The other kind will be touched upon later on. It affects communities of the same soil, habits, etc. Scurvy is not a blood-disease—inherited. Leprosy, in one sense of the word, is. It can, however, only be caught by inoculation and is transmitted from father or mother to child at the rate of about fifty per cent. What the physicians don't know about this disease would fill a large volume, they with the orthodox have come to the conclusion from the Bible that God sent it as a punishment for sin—pure tommyrot—that it is incurable; that there was something providential behind it. It is only within the last few years that the medical fraternity has taken hold of this disease and has already found a cure for it. Why has it not been studied, like other diseases? Was it because it was and is a poor man's disease? Original orthodox Christianity did nothing for these poor wretches! Turned them out like animals to die! It is only recently that society has taken a hold of this di-

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sease in earnest and with flattering results. The disease is easily cured. I have been possessed of a cure for the past eight years. I visited the leper hospital in 1898 with the object of curing the inmates of that institution, then numbering twenty-seven, but the medical board of health would not let me try because I was not an M. D., and to have me perfect a cure would have covered them all over with disgrace. Twenty of the lepers of that institution were not lepers at all, had been, but were cured; but two of them had any sores on them and one of those was a syphilitic case. It was a first-class outrage to confine those people. The only excuse the doctors gave for so doing was the fear that they would transmit the disease through marriage. It would have been much more humane to have unsexed and turned them loose. The present cure for this disease is almost identical with mine; they cauterize the sores, then by a long continued use of a blood purifier (a Japanese remedy) a cure is effected; they do not diet them — there is where they make a mistake. My remedy is now being tried on the Norway lepers by an eminent physician. The remedy is as follows, towit: First, administer an anesthetic, fill the ulcers with boiling hot pitch—pine tar; bind up and let remain three days or even four days is better; when the bandage is removed the ulcer will be found to be white and healing from all sides, after which liquified sulphur, alternately with mineral salt (the residue left, after condensation of the water of a good, powerful mineral spring) and rigid diet for one year will cure any case where the ulcer is not too large and they will be cured for good. Lack of means prevented the author from devoting his whole life to the cure for those unfortunates. This remedy will cure syphilitic leprosy (a continuation of syphilis) as well and incidently, where it can be gotten at a cancer-fever sore or any other kind of an old sore. The remedy is a little harsh, but sure and speedy.

SUGGESTIONS TO THOSE CONTEMPLATING

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MARRIAGE. A woman with a low order of vitality is fortunate to marry a man with an over-supply, vice versa, the weak one will absorb the vitality of the stronger—nature is a great equalizer—and in this case the offspring will be the normal (zero)—nature's equilibrium. No man ever hangs around a court house, doctor's office or dentist's office—he must be sympathetic and honest to be good.

DENTISTRY is a useful profession (?) in this age of "breakfast foods" and pre-digested foods. We are getting too lazy or we don't have the time to use our molar mill, prefer to have steel or stone burrs to do the work for us, and as a result, nature is taking our teeth away from us for non-user. In some things the dentists are woefully ignorant. They nearly all deny two proven facts—First, that extremely old persons ever have new teeth, and second, that a tooth once becoming loosened, will grow fast to the gum again. It is the coming profession (?)—not that we require the teeth for natural use, but for speaking and beauty. In time we will all be toothless, unless we change our habits—use our teeth and stomachs, too. People are making a "howling success" curing dyspepsia by eating fine gravel; it don't occur to them that the stomach is dying for the want of coarse foods—dying for something to do. Mary Ramsey, of Hillsboro, Oregon, at the age of 119 years has a new tooth, and why? Did you ever notice the new and complete growth of a new orange in the bloom end of a navel orange? Did you ever notice potatoes overdue in digging grow a new and complete growth from their eyes? You will now understand why very old people have second everything, if they live long enough. However, if they had lived in harmony with the laws of nature (the author has never found any one that did) they would have no occasion for second sight, the first sight and first everything would be good enough to last one hundred years, young. An early rose potato will, every time, produce an early rose potato,

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but the potato ball from it will produce twenty different kinds of potatoes, but no carrots or turnips. Does this harmonize with the evolution of the species?

TOBACCO, used temperately, is conducive to long life, its tendency is to ward off a good many diseases, as it partially satisfies the appetite, preventing many diseases caused by gluttony. WHISKEY is an excellent thing for snake bites. Incidentally, a little alcohol and water taken in extreme fatigue will prolong life.

COLDS VS. GLUTTONISM. Nine-tenths of the colds (?) which the human family catch (?) are not caught at all. Their cause being a bilious attack, gluttony and a rotten sewer. The other one-tenth is caught not from exposure of the lungs and fore part of the chest, but from a sudden change in the atmosphere, affecting the spine from the base of the brain down which affects the lungs, and rarely, if ever, receiving the protection bestowed upon the chest. All under-clothing in the universe should be provided with a snugly-fitted collar. People of a low order of vitality, when compelled to be exposed to the sudden changes of the elements, should wear underneath their regular under-clothing a double vest of extra heavy sheep's wool with a close-fitting collar, in which event the outer underclothing need not have a collar.

HEROES AND HEROINES. The pure unadulterated and genuine kind were to be found in Oregon, Washington and California, but the reaper has thinned their ranks at a rapid rate during the last decade and yet there are a goodly number remaining to enjoy some of the fruits of their labor. I particularly refer to those dear souls who crossed the mountains and the great American desert that was, the landscape of which is now dotted with homes in which are chubby bare feet, dimpled cheeks and fatherhood and motherhood, the highest attainment on the

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earth's sphere. The picture of an ox team and covered wagon, whether inhabited or not, always fills my heart with reverence for the pioneer. I feel like doffing my hat to it. Doctor McLoughlin was well named "The Father of Oregon," and was the peer of them all, God bless him! He did all he could to make Oregon what she is, a paradise (with due apology to all the other Pacific Coast states) for the man with small means and the constant reader of the public library. The author cannot find words to express his appreciation for Doctor McLoughlin, nor for those who have so ably defended his honored name in the pioneer history of Oregon, headed by Frederick V. Holman, Esq.

Heroes or heroines are not recognized by any religion, race or color, or condition. Those to whom I now specifically refer are those who crossed the plains with their ox teams and then went to work, for all time to come, to lay the foundation for the great Pacific Coast. And what a great and grand foundation they did lay! The basic foundation of which was industry, economy, morality, perseverance and loyalty to their homes, to their cities, counties and states and also to their country's flag (Old Glory), and by their organization of a territorial government for the better protection of their homes and firesides and for the firesides of those who were to follow. The first that arrived found a loyal friend (I might say a father) in Doctor McLoughlin, and with but few exceptions they did not forget him, but they, too, kept on playing the friend to those who came later and kept this up until they were called upon to cross the Great Divide. The exceptions, above mentioned, of those who forgot the kindness of Doctor McLoughlin were not those who failed to pay back to the good old doctor the price of his goods, wares and merchandise. They were not the ones who broke his heart and deprived him of seeing some of the fruits of his labor by laying him in a premature grave. Is the sect, as a whole, guilty or the blind followers who follow and represent the sect

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guilty? The representatives of the sect, at that time, have all changed from material into spirit, and sometime, somewhere, will have to answer the complaint and charge. If a prairie schooner hove in sight, there was a scene of activity in the home of the pioneer. The first thing they did was to get the number of souls it contained; to get the names to put into the pot, which had already been put on the fire, the father being in the field at work, two little bare feet went for him; he did not wait for the dinner horn. He just unhitched the horses, or oxen, and came home to meet, greet and welcome the newcomer. After a wash-up and a good warm dinner the host hitched up HIS team to give the jaded beasts a rest, and the men folks were off land hunting. They soon found a homestead. That afternoon or evening the neighbors were notified of the arrival of the newcomer—that meant, they must have a house to shelter them—that meant, that in a few days there would be a “house raising” and a “house warming”, and if this occurred in the spring of the year, was followed by seed potatoes, grain, etc. How often does this occur in 1907? All these pioneers were, in turn, surrounded by a hostile foe—red men, savages, who were always on the alert to “swipe” something, and, now and then, they would take the warpath and generally in that part of the territory where they were the least expected. Think, dear reader, of the father with his old musket in hand, kissing his dear ones “good bye” to greet the call of a brother pioneer in some other part of the territory to quell some Indian uprising. It is too bad that there were no Carnegie fund for heroes at that time! But our government played the part of a Carnegie (?) thirty years after. I always take off my hat to a pioneer of either sex. Old Missouri sent the greatest number, and some of the grandest, too. Missouri has the greatest variety of agricultural products of any state in the Union. For hospitality she is the greatest, too.

In passing, I will say this on this subject: that the pioneers of every state in this Union are just as good and true and self-

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sacrificing as the pioneers of the Pacific Coast, but their hardships were not so great—they did not have so much to endure.

God bless every pioneer, pathfinder, railroad builder, thinker (along original lines), genius, agitator and freak in the whole world! People with refined thoughts (not all of the dollar), thoughts that ripen or materialize into something beautiful and refining, while those with coarsened thoughts materialize them into something the reverse! The former class furnish the material, with some noble exceptions, for heroes and heroines. The father and mother belong to the first class pioneers, citizens or any other kind of an old thing. After all the parents who have no children, or who have lost them early in life who nurture and care for the orphan (homeless) are peers per se. A large volume could be written on the blessedness and goodness of our passing pioneers. I touched this subject because it was dear to my heart. There are two names of persons now dead to which I cannot refrain from making honorable mention: they are the Hon. A. R. Burbank and his noble wife, honored pioneers of LaFayette, in old Yamhill county, Oregon, a county rich in resources—pioneers, great and tender-hearted loving people, they kept an open house and an open purse as long as they lived. They faced the future with the sweet perfumes of love and affection for humanity effervescing from their immortal spirits, and long e'er this have they found their niche in the tri-colored dome of eternity. Due credit is due the "Oregonian" and its editor (who himself belongs to noble pioneer stock, brainy stock) and whose sister, Mrs. Abigail Scott Duniway, is easily a peeress on the Pacific Coast among her sex as a leader, thinker and liberator of her sex from the slavery imposed upon them by the male part of society, for the kind and tender manner in which he refers to the sacred name of the pioneers, living or dead. And a great deal of credit is due to the other pioneers of the press and to the press not classed under that head for their

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tender and affectionate way of referring to the pioneers of our great west.

PNEUMONIA: This disease kills more of the human race than consumption. A delicate person rarely has it—not because they know the cause of the disease—for they per se, early in life, learn to be temperate in eating and regulate (?) their bowels with cathartics, instead of a diet of fruit and vegetables. Cathartics are one per cent better than nothing. The whole internal sewer of man, with all its ramifications, is lined with millions of suckers, that, when anything comes their way, open, suck and absorb what they can of it as it passes along down below the stomach. (The stomach and bowels are always in motion when there is anything for them to do, otherwise, in perfect sleep, they rest. At all other times they are constantly at work, when they have no food to work, they consume the fats of the body that are stored away for that purpose, and when the fats are gone, they consume themselves. So long as a cathartic enters the stomach, there is a rebellion, or in fact, any other kind of a medicine, to eject the same, throw it off, get rid of it in any old way. This is followed by almost a total exhaustion, which in a few days must be followed by more until a general breakdown occurs.

A clogged sewer can only be compared to an old, filthy swill barrel, from either of which arise foul and poisonous gases, which in the sewer are taken up and absorbed by the suckers and through them into the blood or ramify through the air passages, towit: the lungs, which, in time, become congested, that's it: pneumonia is never caused from a cold unless these conditions are present. Healthy people should read and heed this article before they pass below the zero mark. They will then be able to cheat the medicine man out of a fee. The M. D.'s prognosis generally is as follows, towit: "If he has the vitality to

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throw off the poison (and that is correct), he will survive," otherwise, he will fall into a confused sleep and awake amid the eons of eternity.

If the patient's blood is not too much charged with poison, the rotten sewer (cause) cleansed, strong stimulants given, followed by a nutritious diet, he may, by the help of nature, survive; otherwise, he falls into a cataleptic sleep, which is speedily followed by (mortus) dissolution.

ANGER, in five minutes, will close the salivary glands and if it occurs to a nursing mother, or a sudden fright or shock of any kind, and the child nurses during said time, in the majority of cases the child will die. Anger in a healthy person is always followed by a rotten breath, and a bite from such a person will cause a speedy death. This I call mental blood poisoning. The mind is a wonder worker in the cause of disease as well as in the laws of health and longevity.

DIPHThERIA is caused from a rotten sewer and is not, necessarily, a throat disease. It generally attacks the whole sewer or the weakest part of it—bronchial tubes, in young persons. The difference in the color of the ulcers, predicating their quality, is the difference in the quantity and quality of the poisonous gases arising from the fetid and rotten sewer. The odor arising therefrom is epidemic to those persons (one-half of humanity have rotten sewers), but not to others.

SOCRATES. If he had been a "goody goody" stone cutter (he started in on that) and allowed his wife to browbeat him when he was not cutting stone, we should never have heard a word about him. He rebelled against his wife and stone cutting too, and as a result he will outlive us all in his philosophy.

CEREBRO-SPINAL MENINGITIS. This disease attacks the base of the brain and generally continues along the spine.

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It was originally known and diagnosed as "spotted fever." More than three-fourths of the persons attacked by this disease are scrofulous-syphilitic. In such cases it is tuberculosis of the base of the brain. All such persons are subject to tuberculosis in any part of the body—including the bones—and is a genuine blood disease—transmittable. The only way to overcome this disease is to be your own ancestor, take constitutional treatment for at least one hundred years and inculcate in your children the same principles. With this class of persons this disease is not epidemic. There is, however, a form of disease that attacks pure blooded and healthy people, the cause of which has been a great puzzle to the author. So far as he has been able to trace it, it is epidemic and climatic. It rarely attacks people in a warm, mountainous country. One of the principal causes is a sudden change in the atmospheric condition, and that the atmospheric atomites of this disease are inhaled through the lungs into the circulation of the blood. Other causes are a long-continued east wind (on the Pacific Coast), sudden changes in habits, over-exertion and a sudden exposure to a very cold draught, causing the congestion of the spine, together with the base of the brain.

This disease generally yields to treatment—violent massage of the spine and the base of the brain, followed by mustard plasters from the base of the brain to the lower part of the spine. These plasters must be strong enough not to blister, changed every two hours and kept up until the patient falls into a natural sleep, which signifies that he has returned to a normal condition.

HEART DISEASE. All the deaths, premature and otherwise, occurring on the earth, may be attributed to this disease. The regular physician attributes about 25 per cent of all the deaths to it, while as a matter of fact, the true amount should be about five percent. Heart disease is a misnomer. Many people die of this disease under the impression that they are in good health.

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About 5 percent of the people you meet on the street are ready to die—ripe for death, yet they do not know it. A few people, per se, have valvular affection of the heart, but nine-tenths of the deaths attributed to this disease occur from blood-poisoning, caused by a worn-out kidney and non-user of the body—lack of physical exercise. Whisky, tobacco and narcotics, in excess, lead up to this disease. A body in perfect order, mentally and physically, cannot be diseased. Diseases result from disorder, not from order; it is the reverse of ease.

PARALYSIS. Persons built like a China hog (are generally hogs by nature) have bullet heads, short chubby necks, are subject to this disease—people who never scrimp their stomachs or any other organs of their bodies (excepting their brains on the subject of health); their brains are, however, above the normal on the subject of money-getting. They are full-blooded, full-appetited, full of animal and full of stimulants when they can get them, or any other condiments, and are generally unable to control their appetites and passions, all of which tends to their early undoing or premature death. Nature takes their brains for non-user (you toughen, strengthen and develop the brain by use, the same as any other organs of the body) which, coupled with their mode of living, in time weakens the arteries and other small blood-vessels of the brain, which burst, leaving a clot of blood on the brain, which means paralysis to the part of the brain affected and affecting the corresponding muscles of the body. Nature will always do her part towards removing same, and if the cause of the disease is removed at once, in many cases she will remove it—that is, she will absorb the clot, carry it off into the circulation. The class of people subject to this disease are prodigious workers; generally the first break in their constitution is “nervous prostration,” only, however, one-half of which is caused by overwork and the other one-half is caused by over-everything else.

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HIGHER ETHICS. A person who has no faith or belief in himself, in his brother man, in his country or his God (Good) is soulless in hell, and will remain there throughout the countless eons of eternity or until he discovers himself, here or there. One of the greatest discoveries of the last century was man's discovery of himself. If we know a man's desires it is equal to knowing his character (soul), and can then find his niche, whether at the beginning or end of the circle of eternity. A man's face is the true picture of his soul. Music, love, truth and harmonious thoughts belong to the higher life. A man with a healthy hobby is rich, per se. Conjugal love is a sacrifice. No great man ever made an attentive husband. Every man that is true to his inner conscience and convictions is a TRUE Christian, whether in or out of the church. Egypt was the home of astronomy and philosophy, and the sphinx is the only monument left of it.

DREAMS. A person in perfect health and in a normal sleep never remembers a dream. From childhood to the grave, we as well as the four-footed animals, are subject to dreams. Rightly understood, like pain, they are a blessing. Your dreams portray your physical condition. Dreams that you remember occur just at the time when the subconscious (soul) mind is giving away to the conscious (mind) when you are about to awake. What passes through our soul mind in perfect sleep is a sealed book, and likewise its effect upon our lives, and whether during our waking hours we receive the suggestions of life, from the soul mind, is so, how many or at all? And what influence have they on our lives—that is, through our conscious minds? We know as death approaches persons under water, that all the scenes, like a panorama of their past lives, pass before them; therefore, is it not safe to say that in other modes of death the scenes may be the same? The first indication of a fever is in our dreams: the worse the fever, the worse (?) more

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real are our dreams! This is caused by some inflamed organ of the body coming in contact with the spine (continuation of the brain), which organ may be in any part of the human sewer. Frightful and vivid dreams indicate that the spine has been overheated, which is a false alarm to the brain (arising from the solar plexus) to wake the sleeper, for the brain to go to work, and such dreams generally awake the sleeper with a fear of falling, etc. The more fever the less sleep, and the more vivid the dreams until sleep ceases, then hallucinations, which are followed by a speedy dissolution.

A dream must touch the conscious state, otherwise it is not a dream. Dreams mean a troubled sleep, which may be caused by worry, overwork and by having more clothing under you than over you during your sleeping hours. Sick people, near death, suffer with hallucinations (dreaming out loud, in a semi-unconscious state). The more the vitality of the body is reduced the stronger and more vivid are the dreams, which increases the power of the sub-conscious mind (soul). This can easily be proven by reducing a person by hypnotic (?) suggestion (agreement between the minds of the operator and the subject) or suggestive therapeutics to a state of clairvoyance in which they can see through a body (human or of any other description) while in this (trance) state; all substance becomes apparent to them; it is like looking through glass or clear water; their sight far surpasses the X-Ray light. When persons have vivid dreams, it is well for them to change their habits of sleeping and eating. The heart (?) (solar plexus) is almost entirely governed by the mind—great mind—good and great heart-sympathies. We should be thankful for any kind of old life. He who cannot find a person within his arms' reach on whom to bestow a kind act, will never find one—he don't want to find one. The more friends we have, the more we have to live for. No friends, no life! If you can't find a kind act to do during the

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day, say a kind and loving word; someone is looking for it. What is past you cannot undo; the future here is a blank; therefore improve the present moment. For health it is better to change habits than climate. An unkind word or an unkind act is almost an unpardonable sin. You can heal the wound of a dagger, but not the wound of an unkind word. Truth is the only real thing worth living for. Human society is steeped in falsehoods; it begins its lying at the cradle and teaches its falsehood as soon as the soul can begin to understand, and keeps this up until the son or daughter knows better and knows that their parents are deliberately lying. This is all unnecessary. The truth pays better at all times and places. Unless the parents are truthful and honest to the child, how do you expect the child to be truthful and honest? Either tell a child (of any age) the truth at all times or keep silent. Fiction for the enlargement of the child's imaginative powers should be carefully selected; in that respect our public schools are progressing along those lines. Wrong doing and right doing are generally of a steady growth. There is just as much sense in knowing when to let go of a thing as there is in knowing when to take hold of it.

SEVENTH-DAY ADVENTISTS' SANITARIUMS. This church, as a creedist, double discounts them all; and for a wonder includes deeds with its creed. Through their sanitariums they are doing a noble work for humanity. Their magazine is doing a great work in the domain of dietetics, correct living and in the prevention of diseases. This is the first church to do and dare; teach the people the cause of disease and that, by so doing, they could live independent of drug stores, doctors and medicines, but not without the minister. Yet this church, with all its sanitariums, is only in the first, crank stage of its existence along those lines. It laid the foundation of the "breakfast food age" and absorbed the vegetarian system of living; and has, and is, running this system into the ground—going too much to ex-

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tremes. The idea of living in this commercial age without meats, fish, dairy products, pepper, salt and other seasonings! Without one or more component parts of the body! The following will give you an idea of what the body is composed of, towit: A bowl of sugar, enough salt to provide a dinner party, enough iron to make five carpet tacks, enough gas to fill a gas meter of 3,949 feet, enough carbon to make 9,360 lead pencils, enough phosphorous to make 6,064 boxes of matches, enough hydrogen to fill a balloon that would lift itself. There is enough fat to make from four to eight pounds of candles. This is a fair estimate of the component parts of the body, of which we must have a proportional share to keep the body to the zero mark. In this connection I will add a few health hints: Eat fruit and vegetables (the latter in the form of salads) before meals. Asparagus stimulates the kidneys. Watercress is an excellent blood purifier. Honey is a good substitute for cod liver oil. Onions and celery are both good nerve tonics. Parsnips will take the place of sarsaparilla. Bananas are excellent food for weak-chested people. Celery contains sulphur (mother of alkaloids), which is good for rheumatic pains, as it counteracts the uric acid. Tomatoes are good for the liver and beets are fattening.

In the last two or three years this church (adventist) is coming to its senses. It found that its sanitariums were filling up at a rapid rate with its own students, mostly with cancer. They have found out, or should have found out by this time, that man must absorb into his system all the component parts of the body; otherwise disintegration will set in in some part of the body (the weakest), and, unless that component part is known and at once supplied to the body, a speedy dissolution will follow. All this detracts but little from the good this church is doing. They are pioneering it; they are setting people to thinking along those lines. Those that will not think must take their chances (it will be some time before society will have to shoot a man to start a graveyard). After all, it all lies with the individual.

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CHRISTIAN SCIENCE. The idea of a christian (?) minister denouncing this doctrine! The doctrine that is the very personification of Christ! The doctrine that takes Christ literally at his word! Christ said: "The powers I have (in health) I leave with you; yea, even greater powers."

This sect, however, is in the same rut that Adventism is in—that is, in the primitive, first stage of its evolution. It has done a grand work for humanity; it will, in time, do a grander work. It will outgrow its creed after a while; it will teach more of the Christ principle within and less of the leaning on the unfolding of the personal Christ. They require more power in the pew and less in the pulpit! They are long on faith and short on deeds and wisdom; long on the effect and short on the cause. By faith you can harmonize the mind (will), equalize the circulation of the blood, which will cure nearly all diseases in their primitive state. They make a mistake when they undertake to cure blood diseases—that is, diseases of a scrofulous nature. Before they can master those diseases they must begin at the cradle and teach the doctrine that every man must be his own ancestor, understand dietetics and constitutional treatment, and be able to control his appetites and passions.

WELTMERISM (SUGGESTIVE THERAPEUTICS). This class of healing is similar to Christian Science (minus the faith); it, too, works on the mind by suggestion. The operator gives the suggestion and the patient receives it, acts on it and is cured, unless he has a blood disease or an organic disease. This "cult" is curing hundreds of thousands of people and doing a world of good in their extensive advertising, which is causing people to think for themselves (something unknown before the beginning of this century) and is doing more good than any other cult or sect in existence. Once a person gets out into the field of thought he never returns to the beggary realms of earth, but keeps on going until he arrives at the end of the great neb-

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ular highway of eternity. By wisdom we learn to separate the wheat from the chaff, good from the bad. We should retain the good and discard the bad, and from all weave a philosophy into our character that will radiate with beauty, naturalness, truthfulness, goodness, purity of thought (body) and justice here and hereafter, all of which costs nothing and buys a good deal.

OSTEOPATHY. As an all-around cure for diseases this profession discounts all the others (including the regulars) by at least fifty per cent. It was the natural outgrowth of massage—equalizing the circulation by manipulation of the flesh and muscles. They have, unconsciously, absorbed the magnetic theory of healing (healing by magnetism—astral fluid), emanating through the hands of the operator without contact with the body, by manipulation and suggestion straight, while genuine osteopathy is a combination of both. This class of healing is, as yet, but very little understood. The consensus of opinion is, however, that by some law of nature (as yet not well understood) the healer is overcharged with health and for the time being absorbs the disease (primarily) into his system (the author is a natural healer and speaks from personal experience) and gives out an equal amount of health to the patient. Nature is a great equalizer. Nearly all (non-blood and non-chronic) diseases are healed in this way. This, by a large number of people, and thinkers too, is classed under the head of a spiritual gift—that is, suggestion to and through a sensitive person (medium) from healers who have at one time occupied this earth plane and return for the benefit of their fellow man. The author not being a medium but an advanced student along those lines, has about come to the conclusion that it is a spiritual gift (awaiting our unfoldment to understand), coming from intelligences who at one time have occupied this mundane sphere, which in turn, with us, draw power to alleviate the sufferings of humanity from the nebular fountain of eternity.

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SUGGESTIVE THERAPEUTICS. Under this head I will mention two extreme cases. It is well known to any psychological student that a healthy person under the full control of a hypnotic operator can be reduced down to a cataleptic state (trance) and even lower and unto death.

In France a case is recorded where a criminal under the sentence of death was informed that he was to be bled to death by a slow process. Being blindfolded, his arm was scratched with cold steel (a vessel of water had already been prepared above the victim, the water dropping therefrom, drop by drop, so that he could hear it plainly) and in about the usual time the victim was stone dead. And that, too, without the loss of a drop of blood! He believed he was bleeding to death—that did the work.

The other extreme case (both scientific history) was in France, too, with this difference: in this case the criminal was sentenced to the guillotine—being placed under the knife—in the full belief that his head was to be severed from his body at a given signal, and instead of the knife falling, a cold, wet towel was passed over his neck and he, too, was picked up dead. However wise one may be in taking suggestions (fools rarely, if ever, take one; if they did, they would no longer be fools), they should never give out or take one relating to running down, looking bad, showing old age, poverty, disease, etc., nor associate with persons who give or offer such suggestions. Health and poverty are both epidemic, catching. All manner of diseases, chronic and otherwise, have been cured by suggestion. Touching the hem of Christ's garment, a portion of the original cross, or even looking upon the bones of dead saints, even in this day and age, are working wonderful cures. This class of healing is being done by the Catholic Church—a grand work—and it is a pity they do not do more of it. How much better for humanity to

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study themselves, their relations to the universe, seek more the cause and less the cure!

Nearly all physicians know the value of suggestion and those who do not, should know it. Giving up to the suggestion of the doctor loved ones, or even friends (?) to the suggestion of three score and ten, physical decay and old age has produced millions of premature deaths! The hermit and miser: the former is delivered from his friends and the latter is too stingy to be a glutton! Neither dies prematurely. Neither does the Indian or the negro in their primitive, natural, native state. Why? Whenever a new disease is heralded throughout the world (through the press) it soon becomes fashionable and (like everything else in the universe) thrives for a season, all by the law of suggestion. Don't read medical (?) almanacs for cures, but for useful suggestions. Every periodical, pamphlet, circular and paper containing printed matter is valuable to some person, if for nothing else: grammar, spelling and punctuation. Everything is a grist that comes to a thinker's mill.

ASTHMA-BRONCHITIS. They are very closely allied, and neither, properly speaking, is a disease, but from the effect of a fevered sewer, from which arises a hot fevered gas, affecting the bronchial tubes in all their various and diverse ramifications. Healthy persons need have no fear of these diseases (?), regardless of the altitude, climate, condition or exposure; otherwise, if they lived in heaven they could not escape it, or in fact any other disease without first knowing, then removing the cause.

Scrofulous people (people with a low order of vitality), tall, thin-chested people, people who think a good deal, who don't (?) have time to stand erect or sit erect, generally too busy over money matters, are generally subject to a sinking in at the junction of the collar and breast bones, which presses down on the bronchial tubes and causes more than one-half of these kind

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of troubles. The best remedy for this class of people, if they won't live right, is to take two half-inch straps, wrap them well with soft goods, place one around and over each arm so as to catch the point of the shoulder blades, then have a friend get behind them with a strap and draw the two together until the bones come around to their proper place and leave the same on until the bones become set, which will generally take about six months. If you have not the pluck to stand the harness, go to some drug store and get something that is worse than nothing, die good-naturedly, with a smile on your face—nature will never shed a tear over it.

NOT UNDERSTOOD.

Not understood, we move along asunder,
Our paths grow wider as the seasons creep
Along the years; we marvel and wonder
Why life is life, and then we fall asleep,
Not understood.

Not understood, we gather false impressions
And hug them closely as the years go by,
'Till virtues oft seem transgressions,
And thus men rise and fall, and live and die,
Not understood.

Not understood, poor souls with stunted vision
Oft measure giants by their narrow gauge.
The poisoned shafts of falsehood and derision
Are oft launched against those who mould the age,
Not understood.

Not understood, the secret springs of action,
Which lie beneath the surface of the show,
Are disregarded. With dissatisfaction

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We judge our neighbors, and they often go,
Not understood.

Not understood, how trifles often change us!
The thoughtless sentence or the fancied slight
Destroy long years of friendship and estrange us
And on our souls there falls a freezing blight,
Not understood.

Not understood, how many breasts are aching
For lack of sympathy? Ah! day by day,
How many cheerless, lonely hearts are breaking,
How many spirits pass away,
Not understood?

O God! that man would see a little clearer,
Or judge less harshly what they cannot see;
O God! that men would draw a little nearer
To one another; they would be nearer thee
And understood.

—Selected.

RECAPITULATION, RETROSPECTION AND EXPA- TIATION.

Under this head you will find a brief reference to nearly all the subjects heretofore mentioned. Some of the subjects have been expatiated upon, illumed and enlarged, and contains a few subjects not heretofore mentioned and enlargement of the subjects "Sociology and Poverty." The foundation is laid in the former part of this book, while from now on will be found the key to the arch that holds the structure of this book together, and the afterthought and application which the reader, who has read the former part of this book, cannot help but understand; otherwise, it will be a mere kindergarten to him.

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FIRST. You saw that everything in the realm of nature was round and circular, harmonious. Nature never created a square thing in all her vast domains. That means you! If you have an ache, pain or a disease during your natural life it is through your ignorance or a willful disobedience of the law, not being able to control your appetites and passions.

SECOND. You saw that all diseases and premature death are, nominally, of a recent origin, including the whole paraphernalia of doctors, medicine and even alchemy, from which both arose, is not much older. The love of gold created them and retains them, coupled with a total disregard of our early environments and retaining all the superstitions of our childhood environments.

THIRD. You saw that all diseases had but four causes: mind (suggestion), food, air and water; and you saw that the animals (including the Indian, free in nature prior to their advent with man), living in harmony, without diseases, doctors, nurses and drug stores, excepting God's drug stores—mineral springs.

FOURTH. You saw that nature seeks to better you as well as your species; and that if you have a disease and the disease is ever healed, nature does it, not the doctor. And you saw that the old familiar excuse that you had inherited the disease from your parents (without it was a blood disease, scrofula), was pure and straight tommyrot. That up to about ten years ago it was considered quite honorable to have a disease; that now (after you have read the book) and forever after, it will be an eternal disgrace to have or acknowledge that you have a disease or die (?) or have a child die (?) prematurely—that is, inside of one hundred years, young.

FIFTH. You saw that the foundation of society is laid upon the wedding day. You saw that the time to better the in-

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dividual physically, mentally and morally was the wedding day and from that to the cradle on to maturity, and then transfer the trust to the individual (son or daughter) with instructions to continue the same to their species and on through earth's kindergarten, after which they will continue the same throughout the great kindergarten of eternity. That means, before birth, to begin to create an individual (to be his own ancestor), that can and will have the moral stamina to control his appetites and passions; this, too, should be the highest aim of the public schools. There is no other way to prevent diseases and premature death. It is better to come into port surrounded with a halo of love and purity in mind and body than with a shroud emblazoned with ignorance, superstition, malice, poverty and disease, the cost being the same. If the latter, would it not be infinitely better for our entity (ego, self) to have remained unidentified in the great ether ocean, fire, mist or eternity?

SIXTH. You saw the origin of scrofula, that was and is, and can be largely overcome by constitutional treatment and that in time, by adherence to the law, it will die out—nature will remove it to better her species.

SEVENTH. You saw that every idle individual (rich or poor) should be "black-bottled" and that every person without a hobby or some other high ambition, should have one—create one—or have a guardian appointed for him. And that nature does her weeding out in the young throughout all her vast domain. If they cannot stand the test she puts them into a long unconscious sleep—that is, changes their bodies, returns them to the great ocean of creative force from which they came. That the only difference between sleep and death of the body is in the time of unconsciousness.

EIGHTH. You saw that nine-tenths of the diseases and premature deaths in childhood (from two weeks to ten years of

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age) were caused from "piecing" lunching and candy and other sweet meats and over and improper diet; that fifty per cent of the school children die from the same cause. Did you ever see a public school without a candy shop within a block of it? We exclude the saloons and harbor a worse curse! MOTHERHOOD, I want to have a heart to heart talk with you! Every-time baby cries you feed it, mix fresh milk or other food with half-digested food and that, too, in a little stomach no larger than a hen's egg. Does that appeal to your reason? This is followed by the colic or inflammation of the bowels. Who is to blame for this? Next: narcotics and other nostrums, and for that little stomach, too, which, in turn, is too often followed by the little white casket. Now who is to blame, nature, God or YOU? You look up for consolation! Nature smiles; she is a good, kind and loving mother, too, but very exacting, makes no allowance for ignorance and stupidity and caused me to write this book for you. You go to the pastor of your church for consolation; he answers you: God. What a slander on God and on the laws of nature and the universe! Herein and after, minister of the gospel, be honest; place the sin (?) where it belongs—hew to the line. I may again call up motherhood before I close this book. Reader, this is intended for you personally; the rule will work both ways. When you read this book, be a crank, be something besides a clod or an ox! Do something and do it well. Awake to a state of consciousness, of immortality—be born again! Do something and think of something besides money-getting. People may call you crazy (?); fear not! You will soon find that "like attracts like" throughout all the realms of nature—God. That you will soon be in touch with great cranks (?) (crazy) minds, thinkers and philosophers. You will soon be in their inner circle of friendship, which ends only with the time recorded on the great dial (pleiades) of eternity.

NINTH. When a person is sick, deliver or separate him

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from his friends—those friends (fiends) who are always on the alert to fix up something; they call it a dainty (death bait is the proper name, as often it produces death) dish to hurry us out of life. That is, however, their ignorant way of showing their neighborly feeling or friendship for the “victim”. The genuine (intelligent) friend will lock the cupboard and the patient’s sick room (if he is not sick unto death) and leave him an open faucet of good pure water to feed on ’till his appetite returns. He is then well; nature has had a chance to catch up. A fool killer, armed to the teeth, should always stand guard over the patient to protect him from friends, pessimists, doctors, good cooks and near relatives.

TENTH. You have learned that there is no truth apart from the laws of nature. And you have learned all about “bullet heads” and “long heads”, and how to improve the former; and the latter, if too long, should study commercialism.

ELEVENTH. You found that true culture and greatness is in finding one’s niche in society and fitting one’s self into that niche and not kick or knock about it. You found that all persons can be philosophical (a goodly number are after fifty), but few can be philosophers unless they give up money-getting early in life.

TWELFTH. You saw that it was dangerous, in the crank stage of dieting, to remain too long on a straight line without a curve or a tangent; to keep moving and thinking so that nature will not take our brains for non-user; that our good and great mother nature stands near us to temper us to our environments, and that she is an excellent guide.

THIRTEENTH. That this is a commercial age, requiring a good deal of fox and bulldog in us; that in order to exist we still require bacon, beans and coffee—something stronger than

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breakfast foods (predigested) and coffee (ground stale bread and toast). That at least one hour per day should be devoted to the study of one's self.

FOURTEENTH. That man is so composed of all the component parts of the universe, crystal or planet, and is, in fact, a complete universe within himself and therefore requires something of all the earth produces, and that it should be taken as near the earth as possible; that in order to get around to it all, we should change often and not overlook anything.

FIFTEENTH. That it is not wise to examine ourselves under a powerful microscope. That man is a dependent being—hates to think for himself, would rather the preacher and the doctor would think for him. Nature is the greatest thinker and philosopher that we know anything about; she is always on the alert for non-thinking brains; lulls them to sleep in the bosom of her mother Earth. That medicine never healed a disease, but if you give nature a chance she is willing and anxious to do it, and she can do it. That nature has a zero mark and tries hard to keep you above it; that she will not allow anything in her vast domains to stand still; that everything must keep moving. Nature has no room for idlers; if you stay long below the zero mark, she will take you home. She will keep pegging away until she gets one to suit her.

SIXTEENTH. You saw that the only things to overcome in this life are poverty and disease; master the latter and the former is easily overcome; earth will then be a heaven to you, and sometime, somewhere, all mysteries will disappear, you will know and understand and be understood (the great majority of us are not understood in this life), and you will then understand why storms, clouds and shrouds have veiled your vision; how the pathway of your life was strewn with jagged rocks, brambles,

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briers and thorns, and why the guiding light never appeared to you—a guide, your guide—to clear your vision and pave your pathway with an Eden of flowers. You are and you shall be! Nothing in the realms of nature can be destroyed. Everything is life. You can only change the forms of life. We will return to our trysting place; the beginning shall be the end and the end the beginning. Our own will come to us here if we will allow them to (make the proper conditions); if not here, they will there! And we shall be so glad to meet and greet them! Then, together, according to our unfoldment, we shall continue our life work (according to our ideals on earth) until we solve in detail the mysteries of the universe—origin of life, here and there, which will never all be solved (if they were, we would die of lethargy) until we reach the cycles' and circles' end, eternity, death (?), life, and we are living in that time now as much as we ever shall be! Death (?) don't make us any better, but gives us more opportunities. In order to overcome you must start out as you came into the world—naked, divested of all your early superstitions and teachings; study the harmonies, beauties and perfections of the laws of nature, beginning with the lowest forms of life and ending with the highest.

SEVENTEENTH. That every atom in the universe is a thinker (a complete ego within itself) and, in the main, are equally divided, male and female. That every material (?) object in the universe is composed of a family of those atomites held together by the law of love (cohesion); that when there is disharmony in that object (planet, man or crystal) there is war! There are always hordes of outsiders (atomites) ready to take a hand and complete the destruction of the object, human or otherwise. They never enter until the seeds of disease have taken a firm root. They (like the turkey buzzard) have no use for a body until it smells (a human rotten sewer is good enough) to heaven. The medical scientists (?) with all their vivisection—

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murdering by inches poor innocent animals; serum and bacteria have accomplished nothing. They should all be "black-bottled" or marooned on some lonely island without any animals, two or four-footed, to torture. Why do they not do a little reasoning from cause and effect? Find the cause and remove it! One genuine philosopher will do more good than all the scientists combined. The philosopher, however, is ruled out, not having a prefix M. D. to his name; and the dear deluded people! Well, after all, they do not think. If the medical scientists were paid for writing text books on the cause of diseases, both for the public schools and the home, we would soon have the earth populated with a healthy race of people. For those M. D.'s who cannot write along those lines there is plenty of government land left; the land sharks did not get it all.

EIGHTEENTH. That the atomites of death do not thrive in a clean, healthy sewer. That no contagious disease ever entered a clean, healthy body—clean sewer. The doctors say, and truthfully too, that not one person in twenty will listen or take advice relating to the cause of diseases (a good many of them would rather read a nickel novel). I don't blame the doctors; I blame the people. I am writing this book for the people, not for the doctors. Where the patients will not listen to the doctor, he should crack their skulls with a potato masher (so they would come to), or what is just as good is to let nature put them under a "potion" where they will not come to, for she dearly loves to slay her rebel.

NINETEENTH. That a cold is caused by a dirty sewer which, in turn, is caused by gluttony and ignorance, and this primarily is the cause of nine-tenths of the diseases that affect the human family. You have learned how to clean and retain a clean sewer by what to eat, when to eat it and how to eat it. Now, don't come to me for details after you read this book—study them out yourself.

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You have learned how to become fat and plump by diet, and how to reduce flesh in the same way. That people overstocked with flesh rarely live to be gray-headed. Also the effect of drinking while you are eating; and that every adult person should, during their waking hours, take into the stomach three pints of liquid in some form or another, fruit preferred (as that contains about nine-tenths liquid), and the fruit should always be eaten on arising from slumber, as long before breakfast as possible, and you saw the rules of cooking, diet, how to eat and what to eat.

TWENTIETH. You saw that the cause of all fevers was from a rotten sewer—human sewer—within you. You saw that one-fourth of the people walking the earth were living corpses; and how to keep out of that class and keep your children and friends out of it, too. The usual salutations at the celebrated hot springs (God's drug stores) of the world are: "How is your liver?" "Have your bowels moved today?" (The usual salutations outside of those places are: "You are looking bad" or "You are looking good" or something about the weather); the latter class should be confined to a dungeon on bread and water for ninety days. If the dear people must have a salutation, let it at all times be: "How is your SEWER?" After you read this book continue your investigations along these lines and in a few years you will be compelled to unload your ideas in a book. If you catch, or have a disease, after reading this book, don't come to me with your troubles (unless you have read this book through three times); if you have a disease after that, it is your own fault, or that you read it and do not heed. Remember this: if you have a disease, that there are other and diverse ways of getting rid of a disease than by the orthodox method, a few of which I will mention, and they are valuable in the order mentioned: First, know the cause and remove the cause. Second, build up your body with healing thoughts—mental therapeutics,

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osteopathy, including suggestion. Third, magnetic and spiritual healing. Fourth, the last and best charm, when your appetite fails, take the following prescription: one gallon of pure water per day until your appetite returns, shake the water well after it is down the "red lane" by getting a rapid move on yourself.

TWENTY-FIRST. That surgery and medicine are both grand professions in this commercial age. That the latter would receive a severe blow if this book was adopted as a text book in the public schools throughout the world and the reading public would read and HEED it. That judges and lawyers are a necessary evil in this age of commercialism (the author is a lawyer) and in this age of dishonesty, where the people shut the door to their great conscience (equity) court within the brain. That the time is coming, and it is not far off, when the people will no longer require the services of lawyers, doctors, judges and preachers, and when they are no longer required by society, they will return to the calling of their fore-fathers—tillers of the soil—producers of something. At present, at least, the lawyers, in rural communities, are the leading members of society, and when they are good, they are very good, and when they are bad, they are very bad; they have plenty of opportunities to be either. If clients paid more for advice and counsel, they would have less law suits. The only way a lawyer can get a fee out of most of his clients is to go into court with the case. The doctors have the same experience in this respect as the lawyers. If the patient does not receive from the hands of the doctor some strong medicine he thinks he has been "humbled". The doctors, to overcome this, give bread pills and rightly too, knowing full well that the patient requires no medicine. Clients (law) pay your attorney well to look into the case, and oftentimes he will tell you it is better to make a poor settlement than to have a first-class lawsuit. Judges should be selected during good behavior and not one minute longer.

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TWENTY-SECOND. You learned that the human stomach (next to the universe itself) is one of the greatest chemical laboratories in existence (for its size), and what to do, how to think and what to think to live to be five score years, young. That education and culture are made up from life's experiences and suggestions, and what suggestions to accept and what to reject.

TWENTY-THIRD. You have learned how to attain and retain physical beauty; in addition to that, study the Greek school of Sappho also, follow the rules laid down herein relating to the kidneys. An over-worked kidney will not produce a peachy complexion. That kidney diseases are, unfortunately, painless; that all pain is nature's warning, and one of her greatest blessings.

TWENTY-FOURTH (additional data relating to the eyes). Another cause of an early failing eyesight is: persons over forty generally increase in fat and flesh at a rapid rate until about sixty, during which time the eye sockets fill with fat corpuscles, forcing the eye outward (all fat persons are more or less "bug-eyed"), which, after said time, the flesh and fat recedes, letting the eye balls sink back deeper into the skull, and during said fatty period the fat corpuscles crowd on the optic nerve, affect its circulation and impair the sight. At this time the "victim" puts on glasses; nature proceeds at once to focus them to his eye, resulting in a goggled nose the rest of the person's life, excepting in a very large number of cases where persons survive the lean period, who have their "second sight," which act has puzzled the dear scientists (?) for a good many centuries. It is during this fatty period that a certain number of people go blind (people who take on fat suddenly) when the fat accumulates, which impairs and destroys the optic nerve. No eye specialist or medical doctor has ever offered any encouragement to this class of people relating to the cause and cure!

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The only remedy for this disease (?) is not to allow a sudden fleshing up; keep the flesh and fat down by a rigid course of dieting (unless you prefer to focus your eyes to a goggled nose all your life), heretofore set out in this book. This rule holds good for all fleshy people, whether the flesh is natural or acquired.

All persons who have a constitutional impairment of sight (not inherited) should, on perceiving a weakness in their sight, proceed at once to take constitutional treatment instead of consulting a doctor or oculist. There is nothing to hinder them from passing the five score mark without the use of glasses, providing they never start in to wear them. Writers inform us that the secret of longevity is in not worrying, both of which, however, are but conditions of the mind. If the writer of this book would brand in and across his breast the following motto and live up to it, he would not cross the bar before he was one hundred years, young:

KEYNOTE TO THE SUBJECT OF POVERTY. "Contento hic et elubrus, virtute et labori" (contented here and elsewhere, by virtue and labor); that is, whether you possess one dollar or a million. After all, it is only a matter of desire, unfoldment and wisdom. Cannot you enjoy the earth? The millionaire has, with sweat, worry, toil and a third of his life thrown in, beautified and made it charming by building railroads and making the desert bloom with vegetation. If not, why not? What is there worth living for outside of health? Can you be a millionaire and not worry? If you worry, can you have good health? No! Can you be rich without health? Can you be beautiful and charming? What does the millionaire get outside of his board and clothes? What good is money without an appetite? Were you not made to labor and to wait? To work as hard as the millionaire? If you did (intelligently) you would soon be a millionaire! When you have overcome the love of

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money you have overcome poverty; add an ounce of wisdom and you have overcome disease; all else belongs to you, per se.

You have learned how to preserve the eyesight without a goggled nose, unless you are scrofulous, and how to overcome scrofula. You have learned how to retain a good head of hair (a golden crown of beauty) in its natural color and quantity, bring back the hair on your bald pate (unless you are a woman or an Indian; they never get bald) if you are not too lazy and bullet-headed to take a suggestion; and you learned that starches contain no coloring matter (iron), which is one of the main adjuncts in retaining the natural color of the hair.

TWENTY-FIFTH. You have learned how to prevent dying of a broken heart and what that means, and to observe the smart set and heed some of their examples in various and diverse ways (according to your unfoldment). If you are a man, surround yourself with some of the refinements of life (women always do), if it is nothing else but a canary bird or a lily of the valley.

You have learned of various ways to be rich; that it is no disgrace to get richer. That it is no disgrace to be poor; that it is no disgrace to catch the "itch," but it is a disgrace to retain it; that it is a disgrace to have or catch any disease and a worse disgrace to retain it. The cause of poverty and disease is **IGNORANCE AND EXTRAVAGANCE**, and the cause of riches is **WISDOM AND ECONOMY**; and that both, or all, are merely conditions of our mind—of our unfoldment.

TWENTY-SIXTH. You have learned the cause and cure of dyspepsia. That alone is worth the cost of this book. You have learned the fate of slaves to doctors and custom relating to bathing and the changing of the underclothing; the evil of remaining too long on a straight line without a tangent or a curve. The persons who bathe and change their underclothing

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about four times a year rarely die of disease—generally of gun play or old (young) age; that in mountainous mining countries (or communities) the great difficulty lies in finding a pioneer with whom to start a graveyard. It is generally by the rope or bullet one is found; rarely by disease. The two principal garments that the natives of temperate climates wear is long hair and naked feet. They bathe once in a life time and that bath generally kills them! That the marriage license is too broad, too wide and too modest; it should be restricted fifty per cent. That clothing does not make one immodest, nor the lack of it make one immodest; either are merely conditions of the mind, under strict regulation of orthodox society. That the Indian is young at one hundred years, while our bodies two or three decades prior to that time are producing flowers and vegetation. That it is better to be a healthy Indian than a stoop-shouldered, bow-legged, bald-headed, goggled nosed white (?) man. That fifty years more of our civilization (?) will kill all the Indians that “touch” it. That if the noble four hundred would have less “pink teas” and more tenting and studying the lives and habits of our fast decaying race of Indians, they would do more to improve humanity. After all, Victor Trevitt was right in choosing the “Mamaloose” (Indian burying ground); he was honest, modest and a thinker.

TWENTY-SEVENTH. That the two principal causes of premature deafness are violent noises (explosions, Fourth of July fireworks and catarrh—rotten sewer; the former should have been abandoned fifty years ago; the latter would have been abandoned two thousand years ago if it had not been for the orthodoxy and physicians, but should be abandoned immediately after reading this book; otherwise, the reader had better take a long pull at the black bottle. You have learned the cause of and cure for the catarrh and the cause and cure of any kind of old piles; the cure being to remove the cause! That in this disease

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the death atomites change into millions of small worms in a rotten, stagnant bowel, and how, in time, this condition changes to appendicitis, of which you have learned the cause, equal to the cure! That the sudden changes in habit and diet (prematurely) kill most of the old (?) people; hereafter they should know better!

And that the graduating day is the beginning of education, the beginning of life's experiences, life's suggestions—kindergarten of life, all of which we weave into our character (aided by memory) and is all we possess and retain when we arrive at our trysting place in the great constellation of intelligences. That the public schools should teach more of the cause of diseases and less of regimentals. That the sectarian schools should teach more DEEDS and less CREEDS.

TWENTY-EIGHTH. You have learned something—a good deal—that is not of orthodoxy, and you will expect me to say something of destiny. I, at this time, believe that the great frame work of life was laid out for us from our beginning here on this earth. That we, the instruments, are played upon by the unseen (unseen by all excepting those persons with clairvoyant sight) forces of the universe—intelligences that have, at some time, occupied this earth or some other planet, and that those forces guide the planetary system and through the two we do our shifting and drifting throughout the tragedy of life, our kindergarten HERE, and that about all we can do here is work out the details, round out our lives to some ideal—ideal of beauty if possible, or an ideal of GOODNESS. We all can find one or the other here if we honestly strive for it, and when we find it, earth will be more like heaven (figuratively speaking) than before. You attract your kind, which makes life more worth living and alleviates our pathway to the tomb. That death, rightly understood, is one of the greatest blessings of nature. Children should be taught that from infancy.

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That the record of a thought has never been discovered on the dissecting table. That all the unsolved mysteries (?) of the universe are brushed aside by the orthodox people as emanating from God! That's a nice, easy way, but it proves nothing! That don't suit the most of us; (those from old Missouri) require the proof in seeing it. What is inspiration? Nothing more or less than being influenced, under certain conditions, by extraneous intelligences (living or dead) (?)—spiritual prophecy, which is more valuable to mankind—that is, nominally inspiration—than the sciences. You have learned something of heathenism (?), Orientalism compared to Occidentalism. You have learned the benefit of the idle (?) class (men and women of wealth who devote their lives to the benefit of humanity), setting a higher mental, physical and spiritual standard for those who plod (we all play our part in the tragedy of life), when they shall arrive at their stage of unfoldment and condition of life to enjoy. That any kind of an old smart set is better than a non-thinker set.

TWENTY-NINTH. That the "book worm," parrot, non-thinker and the pessimist (unless he is an agitator—has something better to offer) should be allowed to live only on probation. That nature abhors a vacuum, an idle person. That the cure for the parasites (idlers) lies in the betterment of the individual or in the black bottle. That every child born calls for a new rule for raising children. That every person in the universe is more or less mediumistic, consciously or unconsciously—that is, a messenger (angel) for good or bad. That there are as many different kinds of mediums in the universe as there are people that are played upon by the unseen forces of the universe and manifest in as many different ways.

That persons (not school ma'ams) who never assumed the responsibilities of parenthood, write and give out the most advice on how to train and raise children. That every thing in the

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domain of nature has its enemy and also its mode of protection, and almost any old dog has a better smeller than man; that the eyeless mole can discount us in hearing, and you learned how to regulate the number of children in the family, without infringing upon a law of nature, by a close observation of the four footed animal kingdom. After all, in such matters, the mother should have the first and last say; it should be a personal privilege with her unless they are rich. No family should have less than four. Barrenness or tuberculosis, known and concealed by either side, should be ground for a decree of divorce. That relating to our American (?) marrying of titled noblemen, it should be a personal privilege, too, in which the mother and father of the daughter should have the first say, but the daughter should have the last say; all others should be "barred" out.

THIRTIETH. You have learned all about consumption in all its forms, its cause and cure, and how to tell a consumptive (consumptively inclined person) by his hands, feet, head, face and body; the cure being constitutional treatment, beginning with the cradle and ending with the grave.

That the nearer the eye is to the brain, the better; a sunken eye is better than a "bug-onion" eye. That the longer the distance below a line drawn from the brow to the outermost portion of the rear brain to the hole in the ear, indicates the length of life on a basis of twenty-five years to the fourth inch; this rule indicates the normal or natural vitality. We, to a certain extent, shorten or lengthen our lives by the manner in which we think and live.

THIRTY-FIRST—INDIAN SCHOOLS. This subject has not been heretofore treated. Our government deserves a sound spanking for kidnaping the Indian child (of either sex), forcing them, tearing them from their mothers, a long distance away from their reservations, subjecting them to a sudden

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change of habits, to some school (?) in another state; and this, too, under a Christian government, forgetting the fact that motherhood is just as sacred to the Indian mother as any other mother. Yes, and even more so, often resulting in a broken-hearted death by grief; in many cases never seeing her child again (in this life) until he is returned home a corpse, with quick consumption. If he survives the sudden change of habits and "touch" of our civilization, it is then, oftentimes, even worse. A few do survive the feather bed, "biled shirts," our crazy mixture of foods, steam heated rooms and venereal diseases, necessary (?) evil adjuncts of our modern college (?) life (lewd women will get as near to a college as the law will allow), after which (if he is a boy) he is either too good or too bad for the society of his good and pure-minded relatives and the members of his tribe. The Indians are decreasing at a rapid rate. One hundred years of our Christian benevolent assimilation is doing the work.

THIRTY-SECOND. When you want to make a rapid cure of typhoid fever (or any other kind of an old fever), cleanse the sewer of fever; follow by feeding the patient on raw, finely ground onions alone and apply the same in large amounts externally in the form of a poultice over the bowels (no atomites of death can stand a raw onion), and this is an excellent remedy (diet) for people troubled with nervous prostration (in inward fever, an excited brain), preventing sleep. Eating an abundance of vegetables and their juices (raw) will ward off most any disease, including tuberculosis.

THIRTY-THIRD. Getting back to the Indian: God bless the motherhood of Portland, Oregon! They realize, understand and agree with the author about the passing of the Indian, and, as a result, that beautiful monument to Sacajawea, a mother, and the guiding genius to Lewis and Clark (the early explorers of

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the Oregon—beaver—country), nobly assisted by Brothers Tom Benton and Tom Jefferson (great souls), who were instrumental in blazing the pathway and gateway to the Orient, which has three gates (Portland, Oregon; Seattle, Washington; San Francisco, California—slightly disfigured by fire and earthquake—but proudly and grandly “still in the ring”). I had almost forgotten our beautiful sister city, Tacoma, Washington—fourth, which, backed by their rich soil and varied resources and climate, will e’er long produce more population to the square mile (in proportion to their age) than any other part of the United States. British Columbia, too, will be an important factor along those lines. We need a few more Portland mothers in every state in this Union—mothers to perpetuate the record of our fast decaying Indian tribes.

The abstract of title to most of the lands in the United States might pass muster in most of our courts of law and equity; but there lies an appeal to a higher court (a conscience court) in the glittering constellations of eternity that will, I fear, affix its seal and certificate as being a title both in law and equity.

THIRTY--FOURTH. You have learned the cause of silent suicides that the dear ones attribute to ill health, and the cause of our fat lunatic asylums, which is, primarily, ignorance on the part of the parents relating to the laws of excess in eating and sleeping, with heating the spine (brain) in occupation and thinking.

You have learned the cause and the (medical) remedy for Bright’s disease of the kidney (heretofore unknown); that means something! You have learned something out of the ordinary about CRIMINOLOGY and a good deal about the subject of MARRIAGE; how to choose a companion for life and that neither is to choose one until each is satisfied that they can be their own ancestors.

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You have learned some of the duties of the FOOL-KILLER: how to be one and how to escape him; the benefit he is to society; the difference between losing and retaining your individuality and that liberty is better than riches. That it is better to have a good name than a political office; that it is hard to have both. That it is worth double the price to boss the job.

THIRTY-FIFTH. That orthodoxy, medical doctors, patent medicines, high wines for medical purposes, ancestorship, motherhood and the individual all hinder and delay millenium in every thing (that means temperance). The reformation should begin the wedding day and end in the multi-colored dome of eternity. During gestation let the mother have everything that the appetite longs for in the way of food and drink (including spirituous and malt liquors), gratify her every wish so far as possible under the circumstances, excepting during said time there must be a mutual dead line between the husband and wife. That is the reason aforesaid, why, unless a man cannot live without a woman (sexually), he ought not to marry; neither should a woman, and both should have full control of their appetites and passions—that is, on an equality with the four-footed animals and the birds); otherwise, by law they should not be allowed to marry, for millions of children are born with unbridled appetites and passions, which are worse to overcome than the liquor habit. People should be fully competent to be their own ancestors before they are allowed to marry.

THIRTY-SIXTH. The child should be taught to be temperate in everything at home as well as in the public schools. The mother, by law, should have the right to vote, and each and every other right equal with her husband, and she should have the sacred, sole and exclusive right, control and full jurisdiction of her person, and she will be put in possession of those rights when hide-bound creeds and orthodoxy shall be no more;

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when the people shall follow Christ in DEEDS not CREEDS. Who wrought the change in womanhood in the last fifty years? Who brought her out of slavery? Who gave her the personal privilege of earning her livelihood at any calling, equal with her master (?) man? Who taught her that there was something else in life besides marriage? That in the natural order of events (a few girls could be spared from marriage) there would be soldiers enough to do all the killing (of their brother man) that was necessary! That when she was eighteen she had either to marry (any old thing) or leave home and earn her livelihood as a pot-washer in some rich man's kitchen, instead of having equal chances with her brother in the office and counting house! Was it orthodoxy and creeds that brought about this change? No! It was thinkers, NON-CONFORMISTS! Spiritualists (deedists) have done more for the emancipation of women during the last fifty years than the creeds have done in the last eighteen hundred years. Woman has not found her level yet. In the name of what is sacred, why are we afraid to trust our mothers? Woman will find her level (a little more than equal with man) in the next decade. You need not be afraid to trust our government in the hands of motherhood!

THIRTY-SEVENTH. That to overcome poverty you must overcome disease; that to overcome either you must patronize the free library (a sectarian free library beats nothing all to pieces; if you want the best books go to the non-sectarian library). That knowledge is power to overcome poverty and disease. That the time spent in "howling" about millionaires is wasted; tender them your heart-felt sympathy, and if you are silly enough to desire to follow their footsteps, you have the same opportunities: all their lives a sacrifice! You have learned how to become a millionaire; will that satisfy you?

You have learned the cause and cure for leprosy and cancers. That if you must have drugs, nature has thousands of

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drug stores, for she is the greatest storehouse in the universe: her drugs bubble out of the ground, hot or cold (her mineral springs), and I venture to say that they will cure the worst diseases (including leprosy and scrofula) if the person will only roll in the mud and drink the water long enough. Seven years is long enough to do the work. There are sixty-three (hot) mineral springs in a body in Linn County, Oregon. You do not have to go to "Arkansaw" now to be cured; and there are hundreds of other first-class springs scattered along the Pacific Coast.

THIRTY-EIGHTH. You have learned that to eat breakfast foods means a fat doctor and dentist. You have learned something about colds that was a revelation to you. You have learned why you should take off your hat to a pioneer, whether he be a thinker, pathfinder, homebuilder or a society builder. You have learned the effect of sudden anger upon the human organism; the cause (equal to the cure) of pneumonia and diphtheria, and how you and yours can steer clear of them during your natural lives. You have learned something out of the ordinary about spinal meningitis, its cause and cure; read it.

THIRTY-NINTH—THE BIBLE. This is the greatest book on earth and the least understood. Its true value lies in its history and prophecies. Its prophecies were as good and true (but no better) than the prophecies we are getting today, all being but little understood in this commercial age, when people do not stop money-getting long enough to think until centuries after the prophet has been doing his work for humanity, he being (on both sides of life) one of the unseen forces that guide and shape the higher and ethical part of humanity. Understanding prophecies, ancient and modern, is all a matter of spiritual, not mental, unfoldment. Prophecy is like oratory; you must feel it to understand it. The non-spiritualized understand prophecies from a literal standpoint, while the spiritually-minded give

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them their true interpretation. How few ministers of the Gospel understand them! And with what unction they preach them from a literal standpoint! The names of such philosophers and thinkers as Henry Ward Beecher, Goldwin Smith and Doctor Newell Dwight Hillis (and many others too numerous to mention) are dear and always will remain dear to those who are honest thinkers and reasoners. Such mental and spiritual giants have risen above the pulpit and pew. The smaller "fry" (ministers, parrots, "harpies") will soon fall in line with these giants throughout the rural communities of the world; they have been waiting for a leader or leaders. Beecher silenced the devil and hell theory!

I cannot refrain from mentioning the honored name of the Rev. Stephen S. Wise, late of Portland, Oregon, but now of New York City, as being fully equal with the three names above mentioned. Dr. Wise has risen far above his environments, and for his age is easily the head master thinker of the United States. He, too, has left the pulpit and pew out of sight; you can't church him either as a heretic! Such minds understand the Bible and ancient prophecies as well as modern prophecies; minds like theirs reach out into space, study the language of the planets, their effects upon the earth and upon mankind. We cannot get away from the fact that astrology is a great science (ancient and modern); every minister in the universe should be a first-class astrologist. By astrology he can read and interpret all the ancient and modern prophecies. He should also understand the unseen (?) forces of the universe—forces that play (when rightly understood) an important part in the affairs of mortals. The historical part of the Bible contains the only true status of our race. The pew (people) are studying astrology, prophecies (modern) and the unseen (?) forces, and is it not about time the pulpit was taking a hand along those lines?

FORTIETH—CONTAGIOUS DISEASES AND VAC-

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CINATON. The penalty for a physician who will vaccinate a scrofulous person (young or old) or who will vaccinate any person excepting with pure bovine virus, should be ten years in a striped suit at hard labor. Matter taken from the scab of a scrofulous person will taint a healthy person with scrofula (provided the person is vaccinated with it) for generations to come; and the pure bovine virus will often kill a scrofulous person, in which event a law compelling an indiscriminate vaccination is an outrage on humanity. Vaccination has done a lot of good; it will do a good deal of good yet so long as the dear people will remain in ignorance. No person ever "caught" a contagious disease without first having a hotbed of disease within himself—that is, without a filthy, rotten sewer within himself, or had passed below the zero mark with excesses. This rule holds good of la grippe, too. Only one person out of a hundred knows when he has good health until some time after he is dead (?). Persons who desire good health must be constantly on their guard, know themselves and watch themselves. The way to overcome contagious diseases is by correct living. When contagious diseases disappear, vale vaccination.

FORTY-FIRST. I doubt not you learned something about heart disease that surprised you. You learned how to tell a paralytic before he is affected by his habits and general appearance, and the cause of this disease, plus the cure. You have learned something of Egyptian philosophy and a great deal about dreams. Young man, read that! You have learned that all the new isms are good—that is, they all contain something good, and that it is your duty to retain the good and discard the bad.

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THE INEVITABLE.

I like the man who faces what he must
With step triumphant and with heart of cheer;
Who fights the daily battles without fear;
Sees his hopes fail, yet keeps unfaltering trust
That God is good; that somehow, true and just,
His plans work out for mortals; not a tear
Is shed when fortune, which the world holds dear,
Falls from his grasp—better with love a crust
Than living in dishonor—envies not
Nor loses faith in man, but does his best,
Nor ever murmur at his humbler lot;
But with a smile and words of hope, gives zest
To every toiler; he alone is great
Who by a life heroic conquers fate.

—Sarah K. Bolton.

COURAGE.

Out of the night that covers me
Black as the pit from pole to pole,
I thank whatever gods there be
For my unconquerable soul.
In the full clutch of circumstance,
I have not winced or cried aloud.
Under the bludgeonings of chance
My head is bloody, but unbowed.
Beyond this vale of wrath and tears
Lurks but the horror of the shade,
And yet the menace of years
Finds, and shall find, me unafraid.
It matters not how straight the gate,
How charged with punishments the scroll;
I am master of my fate,
I am captain of my soul.

—Hanley.

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PHILOSOPHY.—SUGGESTIONS BRIEFED.

Man must first be a reader, dreamer and thinker before he can become a philosopher.

We can unfold, develop and bring out the grand and noble in us (every person in the universe has more or less good) by relaxing—letting go, as it were—ceasing to be too anxious.

All public schools, colleges, of whatsoever kind and nature, should at once be turned into kindergartens for the reception of all ages and classes; we then would be able to learn what each individual, young or old, was adapted for—a hod-carrier or a lawyer; the pupils graduating therefrom would then have a hobby or an ideal—something to live for. What we want is something to unfold the natural ability, whatever that may be, instead of stuffing the child with scores of things which are obnoxious to the child and does it very little good in its struggle for existence. All children radiate the past of their clan for one thousand years back and are laying the foundation for their clan for a thousand years to come. Plutarch attended the first kindergarten we read of. To flog a child in that school (?) meant almost death. It should now. There were no Puritans in those days.

The Indian knew how to preserve his meat, fish and vegetables—drying them in the hot sun and eating them dry. It is a pity that civilization (?) is devoid of common sense!

Heat is life; cold is death. All cold foods and liquids taken into the stomach produce no nourishing effect until they come to a condition of blood heat.

The only life-force (stored energy) in man is this con-

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densed and stored sunshine; the man who has the most of this substance, has the most vitality.

There is no such thing as "law breakers"—breaking the law; men do not and cannot break the law: they can and do break themselves on the law.

The difference between reputation and character is: the former we use between sunrise and sunset; the latter between sunset and sunrise.

What you get at the expense of your reputation comes high.

It takes a life time to build up a reputation, but you can lose it in five minutes.

Character is the only thing that counts in the kindergarten of God.

Man is a delicately-organized machine—a powerful storage battery. His normal or equilibrium is when these life-forces are equal; when below the zero mark they can be supplied by another person, overcharged, and when above zero they can supply the deficiency to others.

This all-pervading energy and life-force is supplied and regulated for our intellectual needs by and through an intellectual fountain of divinity, which we can only know by feeling same and which must be accomplished by and through a spiritual understanding, which will be better understood in a decade from now.

All the wild and untutored races (two or four-footed), excepting civilized (?) man, unconsciously use their intuitive (?) knowledge, through which they understand how to use and conserve the life forces by and through the unseen (?) forces of the universe operating through the law of appetite and suggestion, etc.

From too sudden a change from heat to cold, people catch

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colds; the change is too sudden for nature to overcome; give her time and she will temper you to your environments. The quantity and quality of the cold depends upon the condition of your human sewer.

Man is not the highest order of physical life; remove the claw from the crab and nature will furnish him with another, pretty fair claw, too; take a joint from the jointed snake and the joint will grow another complete snake, and the same rule will hold good of the tape worm. Operate on man in this manner and what would become of him?

And, too, the flesh of man is not so delicate an article of diet as the turtle, which contains more than a half dozen different kinds of meat, with each kind having a separate and distinct flavor—a flavor of beef, mutton, pork, fish, etc.

Even the turkey, catfish and jack rabbit have white and black meat, each with their different flavors.

There is a true kinship between persons who enter the slumbering chamber of divinity—chamber of silence—without which none can become great.

Sunshine—heat—stored and unstored, is the source of all life—is life itself—and is the source from which nature receives all her energy, stored and unstored.

The only nourishment received by the animal kingdom (four-footed) from vegetation is its heat—stored sunshine—energy, all else of the vegetable kingdom is waste.

Separate the stored sunshine (energy) from lean meats (fat meats are stored sunshine within themselves) and you have nothing left but waste.

The longer time elapsing between the death of the slaughtered animal and the consumption of the meat, the less energy it has; and the less time, the more energy.

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To get the most benefit from stored sunshine one must eat all vegetables raw, as a large part of their energy is lost in the cooking.

All foods of whatsoever kind and nature, passing through the frozen or refrigerator stage, are divested of the most of the energy, but become more tender.

The problem of the universe is to find the dividing line which separates destiny (fate) from free will.

The more acquaintance I have with women, the more I love solitude.

The more acquaintance I have with men, the better I like the four-footed animals and birds.

The more acquaintance I have with the "inner" workings of society, the better I like the society of Indians and the fishes that sport and swim below the blue waters of the sea.

The purest part of society is the children and the old (young) maids.

The more I learn of the inner workings of judges, lawyers, doctors and preachers, the more I favor a national fool-killer.

The pulpit (priesthood) has ruled for eighteen hundred years; but from now on until the circles end, the pew (people) will rule.

We are all a mixture of good and bad; the question is to find the dividing line or zero mark.

Every normal individual is a combination of both sexes about equally divided; the question is to find the dividing line or zero mark.

The only true, pure and unadulterated love on this earth is where the lovers never marry: the Dante and Beatrice kind; the

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next grade is found in Josiah and Sarah Wedgwood—before marrying they waited about twenty years for their parents' consent.

In the natural order of things attraction is the cause and love the effect, resulting in the propagation of the species; this is true in atom or planet. Love, as it is known and practiced by society, is more than three-fourths commercial lust!

The only distinguishing difference between a man and a hog is the difference in the number of feet.

Sleep and death are states of unconsciousness; in the former you awake at the bidding of the solar plexus, subconscious (mother God) mind, warning you to take nourishment to sustain the vital functions of the body; and in the latter, the body being polluted by disease or injured, the spirit frees itself from the body and returns from whence it came—the great ether ocean of life and intelligence. It is then a transparent counterpart of ourselves—that is, transparent to all persons with a clairvoyant sight (unseen by others but not unfelt when they surround themselves with the proper conditions), where it evolves in time (according to the intelligence here) to its ideals. One's destiny is regulated by one's desires; in your first advent there, your condition will be the same as your last advent here. The only thing you have gained by your advent on earth is: formerly you were an ego (atom)—that is, prior to conception; while after birth you are an ego (man); after death (?) you will be a medium—messenger between the higher intelligence (God) or an earth-bound (evil) spirit; or, according to the orthodox, an angel or a devil.

Women breathe above the belt and men below the belt.

You will never know anything about destiny or immortality unless you feel it.

Knocking a great man stimulates him and makes him greater.

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A monist is one who rounds out and beautifies the great frame-work of life, of which he is not the architect or builder, into a castle of hope—day dreams—heaven, now and here.

What the world calls our faults are, when rightly understood, our virtues.

The gravely happy are the happiest. Death makes life worth living.

There is more in knowing what to do than how to do it.

Deliver us from our friends; we can watch our foes. The greater the man, the fewer his friends, because they do not understand him.

Only one man in a million can understand a very great man.

The great man wants nothing but life and health; he possesses everything else.

By evolving a religion from our inner consciousness we make one less impostor.

The proper time for a young man to make a start in life is now, and the proper place is here.

We gain strength by overcoming. Hell is a friendless condition.

The number of good people in a state determines its religion.

Every person on the earth is a judge of a court of equity—conscience.

An optimist is one who has work; a pessimist is one who has not.

Great men are discovered by their enemies.

Think about what you have, not about what you don't have.

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Friendships and credits are preserved by non-use.

A great man is greater than his government.

All is fate or free will.

A man who loses faith in humanity (unless he lose faith in himself) still has something to live for.

The proper place for reformation is deep down in one's own consciousness.

Great teachers teach by precept.

There is nothing that succeeds like success.

Let rulers settle their own quarrels.

When the great peace court at The Hague has government behind it to enforce its decrees, war will cease and not until then.

Great men are slandered by people who do not know them.

Everything is a grist that comes to a wise man's mill.

A man who doubts humanity cannot be a Christian.

We can reasonably expect a person who returns to the wild will live to be over one hundred years, young.

Returning to the wild is to our trysting place when our forefathers lived pastoral lives—natural lives.

Every person in the universe is naturally wild, and a good many others are the real thing! We are all more than one-half wild.

After sixty we all like to own a "bit" of land, whether we live on it or not.

The question is to find the dividing line between the wild and the tame part of us.

It is natural to be good; unnatural to be bad.

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About one-third of the lives of everybody in the universe is good—that is, when they are asleep.

Nothing is wasted in the great chemical laboratory of the universe; she reduces everything to its component parts and wastes nothing.

In my creed is the motherhood of God.

To those who believe in the immortality of life these lines by Mary Applewhite Bacon will be consoling:

Gray twilight on the sea and on the land;
The time of stars not yet, and day's sweet sky
Bereft of sun as heart of heart's supply.
Slow pacing still the melancholy strand,
"O let me live," I wept, "let me die—
Escape this death in life!" Then one drew nigh.
"The fool's word—death," he said and took me by the
hand;
And e'er I was aware, on alien land, 'neath alien skies,
I stood, and knew it mine.
Awful and drear, a land of time and sense,
Of windflower on the rock and forests dense,
Sun-radiant heights and human eyes' soft shine;
Where heart might love, hands labor, souls divine,
Flesh veiled, new splendors of omnipotence.

PERORATION—FINALE.

In passing, dear reader, you have found that health means all there is to live for. That you cannot be charming and attractive in your manners and ways without it—in other words, you cannot be natural, without which it is almost impossible to be a true lady or gentleman; it is pretty hard to act what you

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do not feel! And, in children, it means little, fat, dimpled cheeks and hands, and chubby bare feet of health, instead of nurses, doctors, ministers, white flowers and little white coffins. To parents it means children, grand children and great-grand children. What more can you ask for or desire? That the marriage day is the proper time to lay the foundation of health, happiness and ancestorship. That the marriage day and motherhood are illumed with letters of gold on the great register—dial plate of time—destiny! Too high and sacred for man-made laws to reach or break! That health overcomes poverty; that it lies within the reach of all—all who will make a little sacrifice, which pays a thousand-fold. What of your character, the golden chain of life—soul's memory? That true picture of yourself that radiates and effervesces from your mind and body? That which you take with you to the meeting-place of worlds! That chain you forged in the kindergarten of life's experiences, link by link, from babyhood! Is your character beautiful or otherwise? Were your thoughts of lust, gold, malice, jealousy, hatred, envy and selfishness? Or were they winged with forked lightning to unveil the mysteries of the stars and spheres—all that lies below the borderland of the universe? If so, they were of love to humanity, sympathy and compassion for the fallen and down-trodden, irrespective of religion, race or color.

What of your words? Were they tuned, shaded and timed to the swing, color and music of the Pleiades? Were they a halo of hope and cheerfulness in the family circle and in the chain of the brotherhood of man? What of your acts and deeds? Did you do something or say something each day to make you feel that society had been benefited for you having lived that day? Did you do anything to beautify the earth or unfold humanity? What have been your hopes and day dreams? Well springs of the soul? Were they of the earth or were they ethical and spiritual? Did they flare like a meteor of ethereal colors

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and brightness that radiates and sparkles in the morning, at noon and in the midnight sky, in the valley, forest and field, on the mountain crest and behind the prison bars? What of your past? Did it rise before you, at times, like a hideous specter and cloud the horizon of your memory? Did it drive you to the dark river of oblivion? Did hope rise again from the spark of divinity within you? Or was it from the unseen (?) universal forces—planetary?

Are you ready for the rending of the veil which separates you from the missing links (dear ones), from life's golden chain of destiny—to meet them and greet them, and together love and vibrate in the great nebula of star dust, the trysting place of humanity—the dial-plate of individuality? Finally, when you arrive at the circles' end and cycles' end, will your soul effervesce with the sweetest perfumes of the earth and ether worlds? Flare with the hues of the rainbow and the purple and gold of the autumn twilight—permeate, radiate and sparkle in your niche, in the veiled, tri-colored dome of eternity?

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